

# HyperFit MD Hosts Free Menopause Wellness Webinar in Shoreline, CT: The Science of Thriving Through Menopause

*HyperFit MD invites women in Shoreline, CT to a free online session on evidence-based approaches to hormones, weight, energy, and menopause wellness.*

MILFORD, CT, UNITED STATES, August 12, 2026 /EINPresswire.com/ -- [HyperFit MD](#), a precision medicine practice led by board-certified surgeon Dr. Charles Guglin, MD, FACS, has announced a free educational webinar titled "[The Science of Thriving Through Menopause](#)." The online event is designed to help women in Shoreline, Connecticut, and the surrounding communities better understand the physical and hormonal changes associated with menopause and the range of clinical options that may support wellness during this stage of life. Registration is open now through the HyperFit MD website.



HyperFit MD Hosts Free Menopause Wellness Webinar in Milford, CT: The Science of Thriving Through Menopause

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*Dr. Charles Guglin, owner of  
HyperFit MD*

Menopause is a natural transition that affects millions of women, yet many report feeling underinformed about the changes they experience and the medical support available to them. As awareness of women's midlife health continues to grow nationally, HyperFit MD created this session to offer clear, science-based information in an approachable format. The timing reflects an increasing interest among women who want to take an informed, proactive role in their health decisions and to understand how personalized care may fit into their broader wellness goals.

The webinar will explore how menopause can influence

hormones, metabolism, weight, energy levels, sleep, and long-term health. Dr. Guglin discusses the principles of precision medicine and how individualized evaluation may help identify factors contributing to common menopausal symptoms. Attendees will learn about the general categories of clinical support that a licensed medical provider may consider, the importance of comprehensive assessment, and questions women may wish to raise with their own healthcare professionals. The session is educational in nature and is intended to help participants make informed decisions. The webinar is free to attend, and participants will have the opportunity to schedule a personal consultation if they wish to explore their options further.

"Menopause is not something women should simply endure. Precision medicine helps us personalize care for hormones, weight, energy, and longevity so women can thrive," said Dr. Charles Guglin, owner of HyperFit MD. His comments reflect the practice's broader philosophy of treating each patient as an individual and tailoring care to their specific needs, health history, and goals.

HyperFit MD is led by Dr. Charles Guglin, a board-certified surgeon and Fellow of the American College of Surgeons, whose clinical background informs the practice's focus on thorough evaluation and evidence-based care. The practice emphasizes a precision medicine approach, using detailed assessment to understand the unique factors influencing each patient's health. This model is designed to move beyond one-size-fits-all solutions and instead consider hormones, metabolism, lifestyle, and long-term wellness as interconnected parts of a comprehensive plan. HyperFit MD serves patients throughout the Milford area and prioritizes patient education, transparency, and respectful, individualized care.

The upcoming webinar reflects that commitment to education. Rather than positioning menopause as a condition to be quietly managed, HyperFit MD aims to give women accurate information and a clearer understanding of the medical and wellness support available to them. The practice encourages participants to view the session as a starting point for conversation, whether with the HyperFit MD team or with their own trusted providers. By offering the event at no cost, HyperFit MD hopes to make quality health information more accessible to women who are navigating this life stage and seeking a more personalized approach to their care.

Women interested in attending can register through <https://hyperfitmdpx.com/webinar>. Those who wish to learn more about the practice services or to arrange a consultation following the webinar can contact HyperFit MD directly by phone or through the practice's website. The team is available to answer general questions and to help prospective patients understand what a comprehensive evaluation may involve.

As interest in midlife women's health continues to expand, HyperFit MD's webinar offers a timely, locally focused resource for women in Milford and the broader Connecticut region. The practice's goal is to support informed decision-making and to help women feel confident and empowered as they consider their health and wellness during and after the menopausal transition.

## About HyperFit MD

HyperFit MD is a precision medicine practice based in Milford, Connecticut, led by Dr. Charles Guglin, MD, FACS, a board-certified surgeon. The practice offers individualized, evidence-based care with a focus on hormones, metabolism, weight, energy, and long-term wellness. Committed to patient education and personalized treatment, HyperFit MD serves patients throughout the Milford area and surrounding communities. All care is provided under licensed medical supervision, and treatment plans are tailored to each patient's unique needs and health history.

To register for the free webinar, "The Science of Thriving Through Menopause," visit <https://hyperfitmdpx.com/webinar> or contact the practice directly. Individual results vary, and all treatment decisions are made in consultation with a licensed medical provider.

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