

WisePause Wellness Summit Draws 400+ Women to Los Angeles for Menopause Care and Midlife Health

More than 30 physicians and experts addressed hormone therapy, sexual health, sleep, brain fog and other concerns

LOS ANGELES, CA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- More than 30 physicians and experts addressed hormone therapy, sexual health, sleep, brain fog and other concerns; Assemblymember Rebecca Bauer-Kahan, Bristol Myers Squibb and Melani Sanders were honored

More than 400 women attended the 12th annual [WisePause](#) Wellness Summit on Aug. 22 at the Skirball Cultural Center, where more than 30 physicians, functional medicine practitioners and other experts delivered a day of education on perimenopause, menopause and midlife health.

The program addressed hormone therapy and nonhormonal options, sexual and bladder health, sleep, brain fog, weight management, exercise, energy, facial rejuvenation and personal style during midlife body changes. A featured panel moderated by WisePause Wellness founder Denise Pines brought together Amy Day, ND; Julie Taylor, MD; and Tracy Sylvester, MD, to discuss perimenopause and hormone treatment options.

The summit's signature Table Talks gave attendees direct access to specialists in small-group conversations covering oral health, hair changes, GLP-1 medications, weight management and other concerns. Beyond the main stage, attendees participated in dance, breathwork, energy movement, tai chi and meditation; they also explored products and services from more than 30 exhibitors serving midlife women.



WisePause Wellness founder Denise Pines moderates a panel on perimenopause and hormone treatment options with Amy Day, ND; Julie Taylor, MD; and Tracy Sylvester, MD.

"Every year, I watch women walk into this summit feeling alone in what they are experiencing and walk out feeling seen, informed and connected to a community that has their back," said Denise Pines, founder of WisePause Wellness. "That shift from silence to solidarity is why WisePause Wellness exists."

The event also recognized three leaders advancing menopause awareness and workplace change:

- California Assemblymember Rebecca Bauer-Kahan, Menopause Advocate;
- Bristol Myers Squibb, honored for workplace menopause leadership and Menopause Friendly Accreditation; and
- Melani Sanders, founder of the We Do Not Care Club, Menopause Trailblazer.

The day opened with a high-energy dance session led by Wil Williams, owner of LA Dance Fit, and closed with a sound bath by Shakti Sound Bath and the Best Self Afterparty, featuring acupressure, massage, energy movement and ear seeding.

Support for the summit was provided by the Steven & Alexandra Cohen Foundation, Tea Botanics, AARP and Alloy.

About WisePause Wellness

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*Denise Pines, Founder,
WisePause Wellness*

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Author and digital creator Melani Sanders, founder of the We Do Not Care Club, with WisePause Wellness founder Denise Pines.

WisePause Wellness connects women with current research, expert guidance and practical resources for perimenopause, menopause and midlife health. Through live events, digital education and advocacy, WisePause helps women make informed decisions at every stage of the menopause journey. Learn more at [wisepause.com](https://www.wisepause.com).

About Tea Botanics

Tea Botanics is a women's wellness tea and supplement company focused on plant-based products for symptoms commonly associated with menopause, including hot flashes, night sweats and sleep disruption. Learn more at [teabotanics.com](https://www.teabotanics.com) or follow @teabotanics and

About the Steven & Alexandra Cohen Foundation

Since 2001, the Steven & Alexandra Cohen Foundation has provided more than \$1.5 billion to U.S.-based public 501(c)(3) nonprofit organizations that help people in need or work to solve complex problems.

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Wil Williams, owner of LA Dance Fit, opens the summit with a high-energy dance session and invites male attendees onstage. Photo by Earl Gibson III.

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