Cheval Wellness to Host Free PCOS/PMOS Screening and Fertility Event Ahead of Condition's Historic Name Change

Free PCOS/PMOS Screening and Fertility Event at Starkey Market Brings Awareness to the infertility condition.



Hormone Therapy and Health Team at Cheval Wellness in Trinity

TAMPA, FL, UNITED STATES, September 14, 2026 /EINPresswire.com/ -- Cheval Wellness will host Fertile Ground: A PMOS & Women's Wellness Day on Saturday, September 26, from 9 a.m. to 1 p.m. at Starkey Market. The free event marks PCOS Awareness Month and introduces the community to a major shift in women's health: PCOS has officially been renamed Polyendocrine Metabolic Ovarian Syndrome (PMOS) following an international consensus process involving patient groups, medical societies and women living with the condition.

The new name reflects what specialists have known for years: the condition reaches far beyond the ovaries, affecting metabolism, insulin regulation, skin, mental health and fertility in roughly 1 in 8 women of reproductive age worldwide.

"Many women still think PCOS only means ovarian cysts or infertility," said Dr. Angela Mineo, DNP, APRN, owner of Cheval Wellness. "The reality is broader and more serious. Fertile Ground gives women a place to get screened, ask questions, and meet the professionals who can actually help."

Mineo will offer complimentary PMOS risk screenings throughout the event. Women experiencing irregular or missed periods, trouble ovulating, acne, excess facial or body hair, thinning scalp hair, weight or blood sugar changes, or difficulty conceiving are encouraged to attend.

Eight local health professionals will join Mineo, including a registered dietitian, pelvic floor therapist, perinatal chiropractor, fertility acupuncturist, psychiatric nurse practitioner, midwife and fitness instructor, each offering short talks and one-on-one Q&A at dedicated tables.

Event highlights:

Free PMOS risk screenings
10-minute expert talks and live demonstrations
Goodie bags for the first 50 attendees
Light refreshments
A raffle package worth more than $1,500 donated by participating businesses

"Our goal isn't to wait until someone has struggled to conceive before talking about this," Mineo said. "We want women to recognize the symptoms early and have real resources before fertility becomes a crisis."

Event Details
Fertile Ground: A PMOS & Women's Wellness Day
Saturday, September 26, 2026, 9 a.m.–1 p.m.
Starkey Market, Trinity, Florida
Free and open to the public.
Registration recommended.
Register: fertilegroundtrinity.eventbrite.com

About Cheval Wellness
Cheval Wellness is a New Port Richey-based practice specializing in women's

Cheval Wellness Hormone and Fertility Specialists in New Port Richey



Fertility and PMOS expert Dr. Angela Mineo, DNP, APRN

hormone health, fertility, metabolic health, and weight management, helping patients understand the root causes behind their symptoms through individualized care.

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