
LEADING THE WAY: MENOPAUSE ACTION IN ILLINOIS

Menopause Awareness Week Toolkit

October 11–17, 2026



JULIANA STRATTON
OFFICE OF LT. GOVERNOR



Table of Contents

Introduction	2
About Illinois Menopause Awareness Week	2
Platforms to Follow	2
Office of the Lieutenant Governor Juliana Stratton	2
Event Schedule	3
Week at a Glance	3
Events	3
Social Media Tools	6
Sample Facebook, LinkedIn, and Instagram Captions	6
Sample X, Threads, and Bluesky Posts	8
Digital Assets	9
Graphics	
Videos	



Introduction

About Menopause Awareness Week

During the 2025 legislative session, the Office of the Lieutenant Governor and Illinois Council on Women and Girls worked with the General Assembly to pass a resolution declaring October 12-18, 2025 as the first Illinois Menopause Awareness Week.

For Illinois' second annual Menopause Awareness Week, [The Office of the Lieutenant Governor](#) is hosting a series of conversations with menopause experts to discuss managing symptoms, treatment options, advocating for yourself in the workplace, and more.

[Menopause Statistics](#) 

[Illinois Menopause Legislation](#) 

[Illinois Menopause Awareness Week 2026 Page](#) 

Platforms to Follow

Office of the Lieutenant Governor Juliana Stratton

ltgov.illinois.gov





Event Schedule

Week at a Glance

Sun 10/11	Mon 10/12	Tue 10/13	Wed 10/14	Thu 10/15	Fri 10/16	Sat 10/17
	12pm–1pm: Your Health After Menopause: What Comes Next?	12pm–1pm: Menopause 101 1pm–2pm: From Bill to Law: How Illinois Made Menopause a Policy Priority	12pm–1pm: Menopause Employment Protections in Illinois CLE 1pm–2pm: Ovarian Health Across the Lifespan	12pm–1pm: Be Heard: Owning Your Menopause Care	11am–12pm: Women on the Front Lines of Menopause 12pm–1pm: Moving Through Menopause	

Events

► **Your Health After Menopause: What Comes Next?**

Monday, October 12th

12pm–1pm

Symptoms don't stop after menopause. Join Jill Foos, a National Board Certified Health & Wellness Coach, Respin Head Coach, and co-founder of the Chicago Menopause Collective, to learn about your health after menopause.



Event Schedule

► **Menopause 101**

Tuesday, October 13th

12pm–1pm

What IS a hot flash? Is my metabolism changing? Was I always this tired? Is brain fog real? What is happening to my sleep? Join Dr. Barbra Hanna from MyMenopauseRX as she discusses common symptoms and treatments.

► **From Bill to Law: How Illinois Made Menopause a Policy Priority**

Tuesday, October 13th

1pm–2pm

Hear directly from the lawmakers behind three new menopause-related bills in Illinois and what comes next for implementation. Join us for a LinkedIn Live moderated by Rachel Anne, Founder of the Menopause Education Center, with panelists Sen. Adriane Johnson, Sen. Meg Loughran Cappel, and Rep. Yolonda Morris.

► **Menopause Employment Protections in Illinois | Employment Law CLE**

Wednesday, October 14th

12pm–1pm

Join NELA-Illinois and Amy Leeks, Deputy Director of the Illinois Department of Human Rights, for an employment law CLE event that covers updates to the Illinois Human Rights Act, clarifying that menopause-related conditions are protected from workplace discrimination.

► **Ovarian Health Across the Lifespan**

Wednesday, October 14th

1pm–2pm

Join Dr. Kara Goldman and Francesca E. Duncan, PHD from Northwestern University to learn more about how your ovaries impact your health — from reproductive health to perimenopause and beyond.



Event Schedule

► **Be Heard: Owning Your Menopause Care**

Thursday, October 15th

12pm–1pm

Perimenopause & menopause is confusing, but getting the healthcare you need shouldn't be. Join Dr. Lauren Streicher, Clinical Professor of Obstetrics and Gynecology at Northwestern University, certified menopause practitioner, and author for a webinar that will empower you to advocate for yourself and take control of your perimenopause and menopause care.

► **Women on the Front Lines of Menopause**

Friday, October 16th

11am–12pm

Join Dr. Nancy Roberson Jasper, an OBGYN and certified menopause practitioner from James J. Peters VA Medical Center, for a special webinar that talks about the unique menopause experience for both active duty military women and veterans.

► **Moving Through Menopause**

Friday, October 16th

12pm–1pm

As your hormones change throughout perimenopause and menopause, so does your nutritional and exercise needs. Join Alexia P. Hammonds from the Exercise, Aging, and Functional Ability Lab at the University of Illinois at Urbana-Champaign to learn how to keep your body moving and nourished through perimenopause and menopause.



Social Media Tools

Sample Facebook, Instagram, and LinkedIn Captions

- ▶ Did you know 70% of women who seek medical care for menopause symptoms don't receive the treatment they need? And only 19% of women 40–60 ever receive a diagnosis at all?

This Menopause Awareness Week, we're changing the narrative and sharing the information you need—from understanding your symptoms to available treatment options, we've got your back.

Sign up for webinars and learn more at bit.ly/ILMenopause.

[#MenopauseAwarenessWeek](#)

- ▶ Each year, an estimated \$150 billion is lost globally due to menopause symptoms affecting women's ability to work. It doesn't have to be this way.

From workplace protections to insurance coverage for treatment, Illinois is making sure women have what they need to thrive at every age.

Learn about Illinois' menopause legislation, sign up for webinars, and more at bit.ly/ILMenopause.

[#MenopauseAwarenessWeek](#)



Social Media Tools

- ▶ Illinois is helping lead the nation when it comes to menopause legislation. For Menopause Awareness Week, here are a few bills passed this year alone:

✓ SB 3325 — Incentivizes practitioners to fulfill continuing education requirements with courses on menopause and perimenopause.

✓ HB 4834 — Removes hormone therapy medications from the state list of controlled substances.

✓ HB 5284 — Enshrines workplace protections for those experiencing menopause or perimenopause in the Illinois Human Rights Act.

Join us to learn about legislation in Illinois, menopause care, and more at bit.ly/ILMenopause. #MenopauseAwarenessWeek

- ▶ Whether you're just finding out about perimenopause or have been experiencing "personal summers" for a while now, we're here to answer your questions.

Learn about symptoms, treatments, and more with our webinars covering all things menopause. Sign up at bit.ly/ILMenopause.

We'll see you there! #MenopauseAwarenessWeek



Social Media Tools

Sample X, Threads, and Bluesky Posts

- ▶ Did you know 70% of women who seek medical care for menopause symptoms don't receive the treatment they need?

Join us for [#MenopauseAwarenessWeek](#) to learn about symptoms, treatment options, and more.

[!\[\]\(fc3a57079704ef1b99671c8cafae23be_img.jpg\) bit.ly/ILMenopause](#)

- ▶ Each year, an estimated \$150 billion is lost globally due to menopause symptoms affecting women's ability to work. It doesn't have to be that way.

Join us to learn about treatment options and more: [bit.ly/ILMenopause](#)
[#MenopauseAwarenessWeek](#)

- ▶ Join us for Menopause Awareness Week! Learn all about menopause and how Illinois is leading the nation when it comes to menopause legislation.

Sign up for webinars and more: [bit.ly/ILMenopause](#).

[#MenopauseAwarenessWeek](#)

- ▶ It's [#MenopauseAwarenessWeek](#), Illinois!

Questions about symptoms, care, or how menopause can affect your day-to-day life?
Check out our upcoming webinars and learn more: [bit.ly/ILMenopause](#)



Digital Assets

Graphics

**Leading the Way:
Menopause Action in Illinois**

Day	Date	Event	Time	Format
MON	October 12	Health After Menopause: What Comes Next?	12:00–1:00pm	Webinar
TUES	October 13	Menopause 101	12:00–1:00pm	Webinar
		How Illinois Made Menopause a Policy Priority	1:00–2:00pm	Virtual Panel Discussion
WED	October 14	Menopause Employment Protections in Illinois	12:00–1:00pm	Virtual G.E.T. Course
		Ovarian Health Across the Lifespan	1:00–2:00pm	Webinar
THU	October 15	Be Heard: Owning Your Menopause Care	12:00–1:00pm	Webinar
FRI	October 16	Women on the Front Lines of Menopause	11:00am–12:00pm	Webinar
		Moving Through Menopause	12:00–1:00pm	Webinar

Menopause Awareness Week 2026 bit.ly/ILMenopause

[Download PNG](#)

[Download PDF](#)

< 250

Fewer than 250
physicians are certified
as menopause health
professionals in Illinois.

Menopause
Awareness Week



[Download](#)

8.5 months

On average, Black women
begin the menopausal
transition **8.5 months**
earlier than white women.

Menopause
Awareness Week



JULIANA STRATTON
OFFICE OF LT. GOVERNOR

[Download](#)

only 19%

of women aged
40 to 60 receive a
menopause diagnosis

Menopause
Awareness Week



JULIANA STRATTON
OFFICE OF LT. GOVERNOR

[Download](#)

94%

of women report being
inadequately informed
about menopause

Menopause
Awareness Week

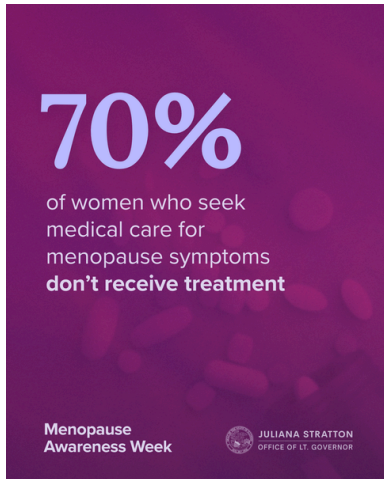


JULIANA STRATTON
OFFICE OF LT. GOVERNOR

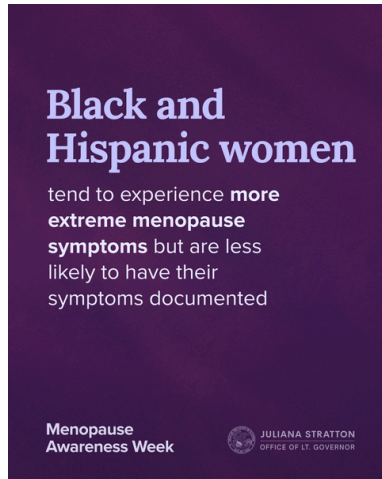
[Download](#)



Digital Assets



[Download](#)



[Download](#)

Videos

You can find video messages from Lieutenant Governor Stratton and other Illinois elected officials available for download on our website.

Visit our [Menopause Awareness Week Toolkit](#) page.