

Starling



Women's health struggles, especially during perimenopause and menopause, are often experienced quietly and in isolation, even though so many people go through similar experiences.

Shifts in **sleep, energy, mood, stress resilience, and physical well-being** can often feel confusing or overwhelming at times. Yet, with the right understanding and support, these transitions can also be an opportunity for greater awareness, balance, and vitality.

We're excited to invite you to our upcoming women's health workshop series.

Embracing Menopause and Beyond

[Register Now](#)

Led by Mindfulness Advisor Tara Achkar and Naturopathic Doctor Dr. Paola DeCicco.

This two-part series will offer practical tools, insights, and strategies to help you navigate menopause with confidence and ease.

While created with women in mind, we welcome anyone interested in supporting women's health and well-being.

Date: Tuesdays, May 12th and 19th, 2026

Time: 7.00 PM - 8.00 PM EST

With an additional 15-minute Q&A after each session

[Register Now](#)

If you're unable to attend one or both of the live sessions, don't worry—**the sessions will be recorded and uploaded to the Starling Minds program.**

*To sign up for the session, please log in to your [Starling Minds account](#). If you've forgotten your password, simply click '**Forgotten Password**' to reset it and gain access to the Starling Platform.*

Got questions? Reach out to our dedicated support at members@starlingminds.com

The logo for Starling, featuring the word "Starling" in a blue, rounded, sans-serif font. The letter 'g' has a distinctive circular shape at its base.

Starling Minds

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