

bcpvpa

# Leading Through Midlife

Clarity, Confidence, and  
Evidence-Based Support

## THURSDAYS

April 23, 2026

April 30, 2026

May 7, 2026

May 14, 2026

3:30 pm - 5:00 pm PT

Members \$149.00<sup>+GST</sup>

Non-Members \$169.00<sup>+GST</sup>

**REGISTER**

[pldinfo@bcvpa.bc.ca](mailto:pldinfo@bcvpa.bc.ca)

**IMPORTANT: Cancellations and Refunds Policy**

If you need to cancel your registration  
the BCPVPA refund policy is:

30 days notice, 100%

15-29 days notice, 50%

Less than 15 days notice, no refund

Questions? Contact: [pldinfo@bcvpa.bc.ca](mailto:pldinfo@bcvpa.bc.ca)

# The Menopause Course

A Four-Part Professional Learning Series  
for BCPVPA Members and Friends



## WEBCAST SERIES

The BCPVPA is pleased to offer an exclusive four-part educational series designed to support our members and friends navigating perimenopause and menopause during this significant life transition.

This program is presented in partnership with [Westcoast Women's Clinic](#) and will be led by [Dr. Nishi Dhawan](#), MD, Co-Founder of Westcoast Women's Clinic. Dr. Dhawan is a Vancouver-based physician with extensive experience in women's health and menopause care. She is known for her clear, evidence-informed approach and her ability to translate complex medical science into practical, accessible guidance for professional women.

Designed with busy school leaders in mind, this series explores the physiology of menopause and its impact on sleep, mood, cognition, energy, and long-term health. Participants will gain credible medical insight and practical strategies to support both personal wellbeing and professional effectiveness.

Each 90-minute session combines expert instruction with interactive discussion and dedicated Q&A time in a confidential and respectful learning environment.

## What You Will Learn:



- The science of perimenopause and menopause — what is happening physiologically and why
- How hormonal changes affect cognitive function, sleep, mood, metabolism, and stress resilience
- Prevention and risk assessment strategies for bone, heart, breast, and brain health
- Evidence-based treatment options: hormonal, non-hormonal, nutraceutical, and lifestyle approaches
- How to develop a personalized action framework to support both personal wellbeing and leadership capacity

### Dr. Nishi Dhawan MD, CCFP, MSCP

Dr. Dhawan graduated from Dalhousie Medical School in Halifax in 1991 and then served in the department of family medicine at the Women's Health Centre, first as a clinical instructor and later as the department head. She was instrumental in establishing a menopause program in the Fraser Valley and an obstetrics clinic in Eastern Canada. Her undergraduate degree in psychology along with her interest in women's health made her realize the need for a holistic approach to practicing women's medicine.

She is a certified menopause clinician through the North American Menopause Society (NAMS), has advanced bio-identical hormone training, and is a certified Ayurvedic medicine wellness counsellor from the Deepak Chopra Institute and the Kerala Ayurvedic Academy. She has also taken additional training in cognitive therapy for the treatment of mood disorders and has attended numerous medical workshops on mind body and preventative medicine.

