



Join us for a dynamic and educational webinar, where expert presenters will explore how hormonal health supports aging with strength, clarity, and intention—for both men and women.

A few of the topics you can expect our presenters to cover include:

- Hormonal Milestones by Decade for Men and Women
- Menopause and Andropause: What To Expect
- Nutrition for Hormone Balance

OUR HOST



Deb Smolensky, CWP
National Practice Leader, Vitality and Wellbeing Solutions, NFP

OUR PRESENTERS



Dr. Fahimeh Sasan
Founding Physician & Chief Innovation Officer
Kindbody

Dr. Sasan is a board-certified Ob/Gyn and serves as an Assistant Professor of Obstetrics, Gynecology, and Reproductive Medicine at Mount Sinai Hospital. She is also a member of the Business Group on Health's Evidence Based Benefit Design Committee.



Dr. Joshua Halpern
Regional Medical Director and Chief Scientific Officer
Posterity Health

Dr. Halpern is a board-certified Reproductive Urologist and serves as both Regional Medical Director and Chief Scientific Officer at Posterity Health. He is also on faculty at Northwestern University Feinberg School of Medicine.

VIRTUAL WEBINAR HORMONAL HEALTH FOR LIFELONG VITALITY

WHEN

Tuesday, September 9, 2025
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/hormonal_health_for_lifelongvitality



WHO CAN ATTEND

This free session is open to all NFP clients and their employees, as well as NFP employees.

AFTER THE EVENT

The webinar will be recorded and shared with all registrants. In addition, all past Wise & Well Webinar recordings and resources can be found in **NFP's Wise & Well Training Center**.

QUESTIONS?

Email NFP's Atlantic Region Vitality & Wellbeing Solutions team at NFPAtlanticwellbeing@nfp.com.