

# ENHANCING HEALTH OUTCOMES IN PERI- AND MENOPAUSE EVENT

10 JULY 2025, 09:30-16:00

CARNEGIE SCHOOL OF SPORT,  
HEADINGLEY CAMPUS

**We invite you to attend our upcoming FREE event focused on enhancing health outcomes for women during peri- and menopause.**

This event will bring together healthcare professionals, researchers, advocates, and women experiencing menopause to discuss groundbreaking approaches, strategies, and solutions for improving quality of life during these life stages.

## WHAT TO LOOK FORWARD TO:

- Insight into the latest research on menopause and women's health
- Expert-led panels on menopause management
- Interactive session and Q&A panel
- Networking with top healthcare professionals, innovators in the space, medical practitioners and thought leaders
- Certificate of participation (upon request)

**REGISTER HERE: [bit.ly/4kLRjpU](https://bit.ly/4kLRjpU)**



LEEDS  
BECKETT  
UNIVERSITY



Health Innovation  
Yorkshire & Humber

This event is a university collaboration across Carnegie School of Sport, School of Humanities and Social Sciences and Leeds Business School in partnership with Health Innovation Yorkshire and Humber.

# ENHANCING HEALTH OUTCOMES IN PERI- AND MENOPAUSE EVENT

10 JULY 2025, 09:30-16:00

CARNEGIE SCHOOL OF SPORT,  
HEADINGLEY CAMPUS

- 9:00 Arrival and Registration (with refreshments)
- 09:30 **Welcome and Opening Remarks** with Professor Lauren Owen
- 09:40 **Keynote: "Ageing, menopause and menstrual health at work"** with Professor Kathleen Riach
- 10:30 **"Menopause Matters: Understating the female hormone odyssey and how to navigate perimenopause and menopause"** with Dr. Nicky Keay
- 11:10: **"Mission: Menopause"** with Brigitte Kaviani
- 12:00 Lunch and networking
- 13:00 **"Food for Menopause: What to Eat, Why It Matters, and How to Make It Work"** with Dr. Linia Patel
- 13:40 **"Resistance Training and Nutritional Strategies to Counteract Muscle Loss in Perimenopause: Time to Rethink Our Approach?"** with Professor Theocharis Ispoglou
- 14:20 **"Strength training and its role in primary care: a practical session"** with Dr. Ashley Gluchowski
- 15:00 **Discussion Panel** with Professor Kathleen Riach, Dr. Linia Patel, Professor Theocharis Ispoglou, Dr. Ashley Gluchowski
- 15:30 Refreshment and event close

**REGISTER HERE: [bit.ly/4kLRjpU](https://bit.ly/4kLRjpU)**



LEEDS  
BECKETT  
UNIVERSITY



Health Innovation  
Yorkshire & Humber

This event is a university collaboration across Carnegie School of Sport, School of Humanities and Social Sciences and Leeds Business School in partnership with Health Innovation Yorkshire and Humber.

# ENHANCING HEALTH OUTCOMES IN PERI- AND MENOPAUSE EVENT

## SPEAKERS

10 JULY 2025, 09:30-16:00

CARNEGIE SCHOOL OF SPORT,  
HEADINGLEY CAMPUS



**Professor Kathleen Riach**  
University of Glasgow

Kathleen launched Menopause Information Pack for Organizations (MIPO) in 2019, one of the world's first online free resources to help manager support menopause in the workplace, that has since been accessed over 1500 in 50 countries. She has since worked with a variety of public, private and national governments to introduce their menopause policies, including leading on research that resulted in national guidelines for NHS Scotland employees.

In 2024, Kat became chair for the forthcoming ISO standard on Menopause, Menstruation and Menstrual Health in the Workplace, having previously been on the advisory board for the BSI guidelines on the same title.



**Dr Nicky Keay**

Nicky Keay is a medical doctor specialising in exercise endocrinology. She is an Honorary Clinical Lecturer, Division of Medicine, UCL. Her clinical and research work focuses on the interaction between lifestyle and hormone networks, including menopause and relative energy deficiency in sport (REDs).



**Brigitte Kaviani**  
Programme Director for People Experience, South Yorkshire integrated Care Board

With over 38 years' experience working in the NHS, Brigitte leads one of the most impactful ICS-wide initiatives 'Mission: Menopause' to raise the awareness of menopause for all workforce in NHS and

Care across South Yorkshire. Brigitte was awarded the Employee Benefits Professional of the year in 2024 and the team have been nominated and awarded several awards in 2023-2024 to include HSJ, Henpicked, Employee Benefits and HPMA.

**REGISTER HERE: [bit.ly/4kLRjpU](https://bit.ly/4kLRjpU)**



LEEDS  
BECKETT  
UNIVERSITY



Health Innovation  
Yorkshire & Humber

This event is a university collaboration across Carnegie School of Sport, School of Humanities and Social Sciences and Leeds Business School in partnership with Health Innovation Yorkshire and Humber.

# ENHANCING HEALTH OUTCOMES IN PERI- AND MENOPAUSE EVENT

## SPEAKERS

10 JULY 2025, 09:30-16:00

CARNEGIE SCHOOL OF SPORT,  
HEADINGLEY CAMPUS



**Dr Linia Patel (PhD)**  
RD University of Milan

Linia is a leading dietitian, performance nutritionist and a public health researcher with over 20 years of several nutrition settings including women's health, performance nutrition corporate wellness and public health. She is a British Dietetic Association Spokesperson and is regularly being quoted in the press. Her passion is translating nutritional science into easy-to-digest and practical advice. She is the author of the bestselling book Food for Menopause.



**Professor Theocharis Ispoglou**  
Director of the Centre for Active Lifestyles and Healthy Ageing, Leeds Beckett University

His research addresses nutrition, resistance exercise, and lifestyle interventions to enhance muscle health, wellbeing, and healthy ageing, particularly during menopause.



**Dr Ashley Gluchowski**  
Salford University, Clinical Exercise Physiologist (CSEP-CEP)

Ashley is a certified population, behaviour change and implementation support specialist. Ashley's research takes a co-design approach to raising awareness of strength training guidelines, developing strength training messaging for public health, and using technology - to enable and empower strength training participation.

**REGISTER HERE: [bit.ly/4kLRjpU](https://bit.ly/4kLRjpU)**



**Health Innovation**  
Yorkshire & Humber

This event is a university collaboration across Carnegie School of Sport, School of Humanities and Social Sciences and Leeds Business School in partnership with Health Innovation Yorkshire and Humber.

# ENHANCING HEALTH OUTCOMES IN PERI- AND MENOPAUSE EVENT

## SPEAKERS

10 JULY 2025, 09:30-16:00

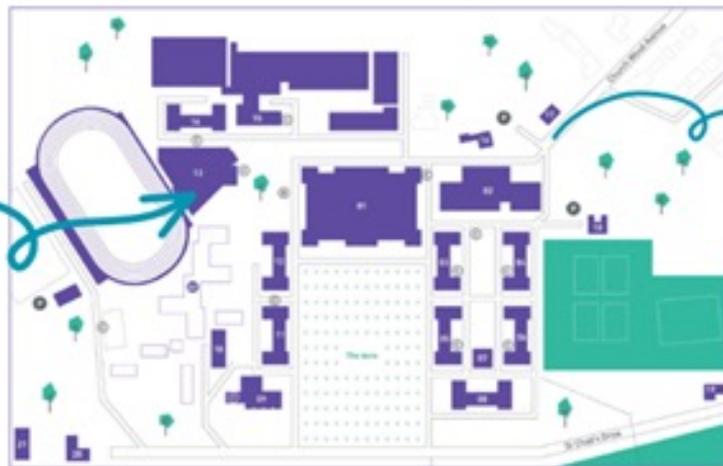
CARNEGIE SCHOOL OF SPORT,  
HEADINGLEY CAMPUS

**Travelling to Headingley campus by car:** Please use LS6 3QS as the postcode. What3words: spring.jazz.note.

**Parking:** All speakers have a pre-booked parking space on Headingley Campus. Please proceed to the campus security gate at the top of Church Wood Avenue and give your name on arrival.

### HEADINGLEY CAMPUS

Carnegie School of Sport (CSS) Building



Campus security gates

#### OUR BUILDINGS

01 <b>James Graham</b> Great Hall Library & IT Media Equipment Security Services Staff IT Service Desk	07 <b>Carnegie Teacher Education Building</b>	Indoor Tennis Centre Outdoor Pitches & Tennis Courts Pavilion
02 <b>Campus Central</b> Brecken Kitchen Campus Shop Students' Union The Hive Tiki Cafe	08 <b>Bronie Hall</b>	Outdoor Pitches & Tennis Courts Pavilion
03 <b>Coedman Hall</b>	09 <b>The Grange</b>	South Lodge Football Pitches Sports Arenas 1 & 2 Sports Hall Squash Courts Strength & Conditioning Suite Swimming Pool
04 <b>Priestley Hall</b> Disability Assessment Centre Student Services Centre	10 <b>The Coach House</b>	16 <b>The Cottage</b>
05 <b>Leighton Hall</b>	11 <b>Cavendish Hall</b>	17 <b>North Lodge</b>
06 <b>Macaulay Hall</b>	12 <b>Fairfax Hall</b>	18 <b>Churchwood House</b>
	13 <b>Carnegie School of Sport</b> Carnegie Cafe	19 <b>South Lodge</b>
	14 <b>Carnegie Hall</b>	20 <b>Queenwood Hall</b>
	15 <b>Carnegie Sports Centre</b> Access to all sports facilities: Athletics Track & Field Facilities Carnegie Coach Education Changing Rooms CIRI Hall Energy Bar Fitness Suite & Exercise Studios Gymnasium	21 <b>Landscaped Resource Centre &amp; Experimental Gardens</b>
		22 <b>Carnegie Village</b>

LS6 3QS  
+44 (0)113 812 0000  
leedsbeckett.ac.uk

#### MAP KEY

- Bus Stop
- Cycle Parking
- Faith Space
- Car Parking

REGISTER HERE: [bit.ly/4kLRjpU](https://bit.ly/4kLRjpU)



LEEDS  
BECKETT  
UNIVERSITY



Health Innovation  
Yorkshire & Humber

This event is a university collaboration across Carnegie School of Sport, School of Humanities and Social Sciences and Leeds Business School in partnership with Health Innovation Yorkshire and Humber.