

Women's Health Master Class - Weight Loss During Midlife

11/19/2025 to 11/19/2028

Enduring Material

Purpose:

This series is designed to bring members of the members of the Obstetric and Gynecologic team together to learn with and from each other regarding topics that cover menopause, perimenopause, symptom management, diet and exercise, and considerations to provide holistic care for patients. This session will focus will discuss weight loss during midlife.

Objectives:

- 1 Discuss what physical and hormonal changes cause weight gain during peri-menopause and menopause.
- 2 Review lifestyle modifications to help women with weight gain during midlife
- 3 Identify what medical therapies can help with weight gain
- 4 Discuss the importance of collaboration and teamwork in the management of peri-menopause and menopause symptoms.

Target Audience:

Physician, Nurse - RN, Nurse - Nurse Practitioner, Physician Assistant, Nurse -LPN/LVN

For successful completion:

- Watch pod casts and video
- Complete pre & post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education Credit Designation(s)



IPCE CREDIT™

IPCE (Team-based): This activity was planned by and for the healthcare team, and learners will receive 1.00 IPCE credit(s) for learning and change.

Medicine CME: Avera designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

Nurse CE: Avera designates this activity for a maximum of 1.00 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

REMINDER

Attendance can be texted up to 24 hours after the activity



Additional Information:

Feedback person for this educational activity is:

Enduring Material available from 11/19/2025 to 11/19/2028

- This course content was reviewed on 11/19/2025

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kate Boos, MD, Physician	Content Expert - Committee Member	Nothing to disclose
Kelly Boyd, MSN, Nurse	Lead Planner	Nothing to disclose
Dawn Flickema, MD, Physician	Faculty	Nothing to disclose
Kimberlee McKay, MD	Content Expert - Committee Member	Nothing to disclose
Lindsey Meyers, Administrator	Committee Planning Member, Faculty	Nothing to disclose
Susan Okoniewski-Philips, MD	Content Expert - Committee Member	Nothing to disclose
Juanita Ruiter	Committee Planning Member	Nothing to disclose
Catherine Schiltz, DO	Content Expert - Committee Member	Nothing to disclose
Annette Siewert, MD, FACOG	Content Expert - Committee Member, Faculty	Stocks or stock options, excluding diversified mutual funds-Cega
Morgan Willard, RD, Registered Dietitian	Faculty	Nothing to disclose

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