



The  
Edinburgh  
Practice

# Embracing Midlife Changes Women's Health Event

Date:	Sunday 11 May 2025
Time:	12 noon
Location:	The Edinburgh Practice
Price:	Free of charge
Tickets:	<a href="https://edinburghpractice.com/events">edinburghpractice.com/events</a>

**Supporting and empowering women to  
make informed choices.**

**An event to bring women together to share  
experiences and get information and advice  
from experts in their field.**

\*Please note limited capacity. Bookings on a first come basis

*Dr Carrie McCrea-Routray*



*Dr Fiona Wilson*



*Dr Rosie Cochrane*



## **Presentations**

**From peri to post menopause: HRT & the alternatives**

**Dr Rosie Cochrane,  
Consultant Gynaecologist**

**How diet can help you thrive through menopause**

**Karen Brierton, Dietician**

**How to manage anxiety**

**Dr Fiona Wilson, Clinical Psychologist**

**How to embrace midlife changes for clarity, confidence and purpose**

**Laura Ogilvie-Jones,  
Career & Leadership Coach**

**Fit for Life: navigating health & exercise through midlife changes**

**Dr Carrie McCrea-Routray,  
Sports & Exercise Medicine Doctor**

*Karen Brierton*



*Laura Ogilvie-Jones*



## **Expert Panel Q&A**

## **Light Lunch**

 **marketing@edinburghpractice.com**  
 **12 Sibbald Walk, Edinburgh EH8 8FT**  
 **edinburghpractice.com**  **0131 385 0934**