



Defense Health Agency, J-7, Continuing Education Program Office

Womack Pharm: Understanding Perimenopause and Menopause

Live Activity, October 22, 2025

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for pharmacists and pharmacy technicians. A certificate of attendance is available for other attendees.

Womack Pharm: Understanding Perimenopause and Menopause (1.00 clock hour)

1200-1300 (ET)

Learning Objectives:

1. Analyze hormonal changes in perimenopause and menopause.
2. Recognize common symptoms and their impact.
3. Review treatment options including hormonal and non-hormonal therapies.
4. Discuss myths and common questions.
5. Summarize lifestyle support and patient counseling tips.

Faculty:

Kathryn V. Abeyta, PharmD, BCPS. Presenter has no relevant financial or non-financial relationship(s) with ineligible companies to disclose.
All relevant financial relationships have been resolved.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Pharmacists (ACPE)



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No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Pharmacy Technicians (ACPE)



UAN JA4008136-0000-25-100-L01-T

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through November 5, 2025, at 2359 ET at the following URL: www.dhaj7-cepo.com.