

*Business  
&  
Professional  
Women  
Niagara Falls*



*“Women Working  
for Women”*

*(Since 1917)*

## BPW NF Monthly Meeting

May 27, 2026 5:30pm

**Mick & Angelo's Lundy's Ln. NF, CAN**

Members Free / Guests 2 Free then \$10

Register NOW: [BPWniagarafalls.com](http://BPWniagarafalls.com)

**YOU'RE INVITED**

**To This  
In Person  
Meeting**

## Understanding Menopause: Learning the language of your body



**Nicola Hasmatali**

[What The Gut  
Women's Wellness](#)

In this presentation, **Nicola Hasmatali** will guide women through one of the most misunderstood phases of life: Menopause.

Many women experience shifts in sleep, mood, energy, and overall well-being without realizing these symptoms are connected to fluctuating hormones. Through education and practical insight, Nicola explains why these changes happen and helps women learn the language of their bodies so they can navigate this transition with greater clarity and confidence.

*Nicola Hasmatali is a Certified Holistic Perimenopause & Menopause Coach and founder of [What The Gut - Women's Wellness](#). After navigating her own struggles with hormonal changes, a hysterectomy at 42, and realizing how little education exists for women in this phase of life, she became passionate about helping women understand the language of their bodies. Through workshops and coaching, Nicola empowers women with the knowledge and tools to navigate midlife with confidence..*



**And WE DID ! Since 1917...**

**Women Working for Women**

**BPW Niagara Falls**

**Visit [BPWniagarafalls.com](http://BPWniagarafalls.com) for  
Info, Events & Meetings**

Business and Professional Women is an equality-seeking group working toward the improvement of economic, political, employment, and social conditions for women.

BPW Niagara Falls holds monthly meetings, which provide opportunities to stay informed on women's issues, to enjoy a guest speaker, and to network with other working women. We also hold social events with several active committees.

**Inspire  
Connect  
Collaborate**

Together we  
can improve  
the lives of  
all women -  
regionally,  
provincially,  
nationally  
and globally!



Business & Professional Women  
Niagara Falls  
Over 100 Years Strong We Are  
Women Working for Women  
[www.bpwniagarafalls.com](http://www.bpwniagarafalls.com)

**Advocacy, Professional Development,  
Leadership Skills, Networking & Friendship**

With clubs throughout Ontario, Canada & the  
world, including Young BPW, we are

**THE VOICE FOR WOMEN**

