

Quick Facts

**Podcast Launch:**

March 1, 2027

**Live Experience Tour Dates:**

June 3, 2027 – Bellevue, WA

June 5, 2027 – Tacoma, WA

**Producer:**

Bird + Duck Media

Headquarters:

Puget Sound Region, Washington State

**Website:**

www.perimenoshow.com

**Socials:**

@perimenoshow

**Focus Areas:**

Women's Health • Hormone Health • Wellness

Healthy Aging • Community • Education

Approved Brand Descriptions

25-Word Version

Peri Meno Show is a media and live-experience platform helping women navigate perimenopause, menopause, and midlife through education, wellness, community, and conversation.

50-Word Version

Peri Meno Show is a podcast and live-experience platform dedicated to helping women navigate perimenopause, menopause, and midlife with confidence through expert education, trusted resources, wellness experiences, and meaningful community.

100-Word Version

Peri Meno Show is a media and live-experience platform dedicated to educating, empowering, and connecting women navigating perimenopause, menopause, and midlife. Through a podcast, live experiences, expert-led conversations, wellness activations, and community engagement, the brand provides trusted information and practical resources designed to help women thrive throughout their midlife journey. Produced by Bird + Duck Media, Peri Meno Show was created to address the growing need for accessible menopause education and meaningful support during one of life's most transformative transitions.