



FOR IMMEDIATE RELEASE

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Millions of Women Enter Perimenopause Unprepared. A New Platform Aims to Change That.

Peri Meno Show launches a podcast and live experience dedicated to helping women navigate one of life's most misunderstood transitions.

For millions of women, perimenopause arrives with little warning and even less support.

Symptoms can begin years before menopause itself, affecting sleep, mood, energy, cognition, weight, relationships, careers, and overall quality of life. Yet many women report feeling dismissed, confused, or unprepared for what is happening to their bodies. Despite impacting nearly every woman who lives long enough to experience it, perimenopause remains one of the least understood and least discussed phases of women's health.

Peri Meno Show was created to help change that.

Launching in 2027, Peri Meno Show is a new media and live-event platform designed to educate, empower, and connect women navigating perimenopause, menopause, and midlife. Through expert-led conversations, trusted resources, inspiring stories, and community experiences, the brand seeks to bring greater visibility and support to a stage of life that has historically been overlooked.

The platform will debut with Season One of the Peri Meno Show Podcast on March 1, 2027, followed by two live experiences in Washington State in June 2027.

Founded by Pacific Northwest entrepreneur and event producer Nadine Kohler, Peri Meno Show was born from a simple realization: women deserve better access to information, resources, and community during this significant life transition.

"Women spend decades preparing for careers, marriage, motherhood, and retirement, yet many enter perimenopause with little understanding of what to expect," says Kohler. "We believe women deserve a trusted space where they can learn from experts, hear honest stories, discover solutions, and realize they are not alone. Peri Meno Show is being built to provide exactly that."

The Peri Meno Show Podcast will feature expert interviews, conversations with advocates and thought leaders, personal stories, and practical discussions designed to help women better understand and navigate the realities of midlife.

The live experiences will extend those conversations beyond the microphone and into an engaging, in-person environment designed specifically for women seeking both information and connection.

Rather than a traditional conference or consumer expo, Peri Meno Show is being envisioned as a highly curated experience that blends education, entertainment, wellness, and community.

Attendees will have access to a Wellness Marketplace featuring healthcare providers, wellness brands, practitioners, service providers, and innovative products designed to support women through midlife and beyond. Interactive wellness activations and opportunities to engage directly with experts will create an environment focused on discovery, learning, and self-care.

At the center of each event is the Midlife Main Stage, an original live-show experience inspired by the energy and accessibility of a late-night talk show. Through expert interviews, audience interaction, storytelling, and candid conversations, the stage will tackle topics surrounding hormones, health, relationships, aging, identity, wellness, and personal reinvention.

"We're designing something that feels very different from a typical event," says Kohler. "Women want information, but they also want connection, inspiration, and a chance to feel seen. We want guests to leave feeling more informed, more confident, and more optimistic about what's ahead."

Topics explored through the podcast and live experiences will include:

- Perimenopause and menopause education
- Hormone health and treatment options
- Nutrition and fitness in midlife
- Mental and emotional wellbeing
- Sleep and stress management
- Sexual health and intimacy
- Beauty, skincare, and self-care
- Longevity and healthy aging
- Financial wellness
- Relationships and family dynamics
- Purpose, reinvention, and personal growth

As conversations around menopause continue to gain momentum globally, Peri Meno Show aims to become a trusted destination where women can find answers, support, and community throughout their midlife journey.

Sponsorship, exhibitor, speaker, and partnership opportunities are currently available.

For more information, visit www.perimenoshow.com.

EVENT TIMELINE

Peri Meno Show Podcast
Season One Launch
March 1, 2027

Peri Meno Show Live Experience
June 3, 2027
Meydenbauer Center
Bellevue, Washington

Peri Meno Show Live Experience
June 5, 2027
Greater Tacoma Convention Center
Tacoma, Washington

Ticket information and registration details will be announced at a later date.

ABOUT PERI MENO SHOW

Peri Meno Show is a media and live-event platform dedicated to helping women navigate perimenopause, menopause, and midlife with confidence. Through expert education, authentic conversations, wellness experiences, and meaningful community, the brand seeks to redefine how women experience one of life's most transformative seasons. Peri Meno Show includes a podcast, live experiences, and year-round resources designed to educate, inspire, and connect women throughout their midlife journey.

To learn more, visit www.perimenoshow.com.

SOCIAL MEDIA

 Peri Meno Show

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