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Contact:

Brinda Murphy
Founder, periPower | Chief Midlife Hype Woman
info@peripowerevent.com
www.peripowerevent.com

periPower

Midlife, Reclaimed.

For Women, it's the 5th Grade "Talk," Then Radio Silence for the Next 40 Years

periPower brings education, expert voices and policy calls to action in Philadelphia region

Ambler, PA — May 3, 2026 — Most women learn about puberty in a 5th-grade health class, but receive little to no guidance on what happens to their bodies - or how to manage the array of symptoms - in the decades that follow. On Sunday, May 3, more than 250 women are expected to gather at the Ambler Theater for periPower. It's a first-of-its-kind regional event focused on education, support and advocacy around perimenopause and menopause, which can begin affecting women as early as their 30s. The event is expected to draw women from across Montgomery, Delaware, and Chester Counties.

The event will feature a screening of *BALANCE: A Perimenopause Journey*, followed by a live panel of medical and wellness experts, audience Q&A and access to curated resources designed to help women better understand and navigate this often-overlooked stage of life.

The idea for periPower was sparked by founder Brinda Murphy's own experience navigating unexplained symptoms. In her early 40s, Murphy went to the emergency room with heart palpitations. With a family history of heart disease, she feared the worst. After testing, she was told her heart was "beautiful" and discharged without any discussion that her symptoms could be related to perimenopause.

"That moment really stayed with me," Murphy said. "If I didn't understand what was happening in my own body, how many other women were experiencing the same confusion or fear? I now know it was a symptom associated with perimenopause."

"Because of the lack of education, many women are not aware that what they are experiencing is perimenopause," said Dr. Kim Einhorn, a board-certified OB/GYN and certified menopause provider, highlighting the need for greater awareness around this major life phase, which can last for years and increase long-term risks for cardiovascular disease and osteoporosis.

Perimenopause can begin as early as a woman's 30s and may include symptoms such as heart palpitations, anxiety, sleep disruption, brain fog and cycle changes. Despite affecting millions of women, awareness and clinical guidance remain limited, leaving many feeling unprepared or dismissed when seeking care.

periPower aims to change that by equipping attendees with practical tools and trusted information. Participants will leave with personalized action steps, guidance on how to advocate for themselves in medical settings, and connections to local providers and resources, along with a curated wellness kit featuring vetted products and offers.

In addition to education, the event includes a nonpartisan policy awareness segment highlighting Pennsylvania legislation related to menopause care, including insurance coverage, provider education, workplace considerations and osteoporosis screening.

“This is about more than information,” Murphy added. “It’s about giving women the tools, language and support they need to take action for their health and helping improve the system for future generations.”

Event Details:

periPower

Sunday, May 3 from 9 AM to 12 PM

Ambler Theater, Ambler, PA

Live Panel Includes:

Sadhvi Siddhali Shree and **Sadhvi Anubhuti**, Jain monk filmmakers

Diane Jenet, Certified Menopause Specialist and Personal Trainer

Sasha Silverman, MEd, LPC, Licensed Therapist

Dr. Perrin Downing, Urogynecologist and Pelvic Reconstructive Surgeon

Dr. Kim Einhorn, Board-Certified OB/GYN and Certified Menopause Provider

For more information or to register, visit <https://www.peripowerevent.com>

Media Contact:

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