Midi

November 2026 Webinar Promotion Copy

Share the details of the webinar with your employees by simply copying and pasting the verbiage below into your internal channels.

Quick messages
Recommended use: Slack, Teams, etc.

1) Chronic inflammation can quietly affect your weight, memory, and more. Find out why it can increase in peri/menopause and get tips to fight it from our partners at Midi Health. ⭐Free Webinar: November 12th (1 p.m. ET/10 a.m. PT). REGISTER NOW

2) Weight gain? Joint pain? Memory issues? Chronic inflammation could be to blame.🔥Learn more during a free Midi Health webinar on November 12th. Learn more and reserve your spot.

3) 🧯Fight chronic inflammation that could be at the root of weight gain, joint pain, and more with advice from a women's health expert. Register for Midi Health's free webinar happening November 12th.

4) *Schedule to post on Thursday, November 12th at or before 9 a.m. local time.*
🚨HAPPENING TODAY (1 p.m. ET/10 a.m. PT)! Free women's health webinar on taming inflammation. Register to grab a spot or receive the recording.
Brought to you by our partners at Midi Health.

Long-form copy
Recommended use: Email and calendar invites/holds

Inflammation helps your body heal. But when it sticks around all the time, as is often the case during perimenopause and menopause, it can contribute to a host of concerns, from weight gain to joint pain, fatigue to brain fog, and much more. The tricky part? You may not even realize it's there.

Join Midi Health experts Drs. Christy Beyer, MD, and Kelly Elmore, MD, as they discuss:

- The protective effects that are lost when estrogen declines
- The link between inflammation, aging, and chronic disease
- Simple habits to support brain health and reduce dementia risk
- How to keep your joints strong and pain-free as you age
- Practical ways to reduce inflammation through diet and lifestyle

⭐**Free Webinar**⭐
What to Know (and Do) About Inflammation in Menopause
Thursday, November 12, 2026
1:00 p.m. ET / 10:00 a.m. PT

➡️**Register to attend or to receive the recording after the event**

Midi Health is a virtual women's health clinic. Visits are covered by most employee health plans. Learn more and book a visit at joinmidi.com/menopausebenefit.

Short-form copy
Recommended use: Intranet, newsletter, internal messaging

Free Webinar: What to Know (and Do) About Inflammation in Menopause
Chronic inflammation can play a role in everything from weight gain, joint pain, and memory issues to increased risk of diabetes, heart disease, and more.

Join Midi Health for an expert-led discussion on why levels tend to increase with age and how lifestyle changes can help you stay healthy, sharp, and active for years to come.

Thursday, November 12, 2026
1:00 p.m. ET / 10:00 a.m. PT

➡️**Register to attend or to receive the recording after the event**