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## DisruptMenopause.org Launches Advocacy Training to Prepare Women to Fight for Policy Reform

Palm Coast, FL — April 18, 2025 — DisruptMenopause.org, a growing grassroots movement focused on ending menopause neglect in healthcare, workplaces, and public policy, has launched its first advocacy training program. The self-paced, accessible training is designed to equip midlife women with the tools, language, and confidence to fight for menopause policy reform across the U.S.

Created by writer, activist, and founder Deb McCarren, the training speaks directly to the millions of women who have suffered through misdiagnosis, dismissal, and a lack of support—only to discover their daughters are facing the same thing.

"I finally found the treatment I needed," McCarren says. "And then I realized my daughter had been suffering, silently, for two years. That's when I knew: this isn't just personal—it's political. And it has to stop with us."

The Disrupt Menopause Advocacy Training includes:

- A foundational explainer on why menopause is a policy issue
- Step-by-step guidance on how to speak up at the doctor's office, in the workplace, and with lawmakers
- Printable templates, scripts, and talking points for real-world use
- Special modules for mothers, grandmothers, and caregivers advocating for future generations

The training is free and open to all, with additional resources and community support available to paid subscribers.

Why This Matters:

- There is no national menopause strategy in the U.S.
- Fewer than 20% of OB-GYN residency programs offer menopause training.
- And the economic impact of untreated menopause is measured in billions of dollars in lost productivity, healthcare costs, and early retirement.

DisruptMenopause.org aims to change that—by giving women the tools to advocate not just for themselves, but for systemic change.

"Awareness is not enough," McCarren says. "We need accountability. We need access. And we need action. This training is a starting point for all three."

For More Information, Visit:

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📍 Based in Florida | Available for national interviews