



Governor's Advisory Commission on Women

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Governor's Advisory Commission on Women Hosts Conversation on Women's Health with National Menopause Expert Dr. Sharon Malone

The Governor's Advisory Commission on Women brought together women from across Central Pennsylvania for a discussion about women's health in recognition of Menopause Awareness Month.



Harrisburg, PA – Yesterday, the **Governor's Advisory Commission on Women** brought together health professionals, advocates, and community members for a fireside chat focused on menopause — one of the most under-discussed areas of women's health — between menopause expert **Dr. Sharon Malone** and **Commissioner Dr. Sharee Livingston**.

The advisory commission's **Executive Director Ashley Walkowiak** and **State Representative Ann Flood** opened the conversation, underscoring the importance of breaking the stigma surrounding menopause and promoting access to critical resources for all women across Pennsylvania.

Dr. Malone and Dr. Livingston discussed the stages of menopause, common myths and misconceptions, and the truth about hormone replacement therapy (HRT). The discussion emphasized the need for accurate education, individualized care, and

greater awareness among both communities and healthcare providers to close the gaps that have historically left women without the adequate resources and support.

“Educational conversations like these are essential to improving women’s health outcomes,” said **Ashley Walkowiak, Executive Director of the Governor’s Advisory Commission on Women**. “For too long, menopause has been overlooked in medical research and public dialogue. By bringing experts like Dr. Malone into the conversation, we’re elevating an issue that affects half the population and deserves our attention and care.”

“Menopause is not a disease — it’s a natural transition,” said **Dr. Malone**, OB-GYN and nationally recognized leader in midlife women’s health. “But it’s one that deserves thoughtful medical attention and open conversation. Every woman deserves access to evidence-based care and the opportunity to live her healthiest, most vibrant life.”

“As a Harrisburg native, a member of the Governor’s Advisory Commission on Women, and a woman of color, I stand proud today of our city and state,” said **Dr. Livingston**. “We are addressing an issue that impacts women and people in their daily lives, relationships, workplace, and communities. We are showing up and creating actionable change.”

“For far too long, menopause has been dismissed or ignored in women’s health discussions,” said **Representative Flood**. “By shining a light on this topic, we’re helping to empower women, inform providers, and create a culture where every woman’s health and well-being are valued.”

This event builds on the Commission’s broader initiative to raise awareness during Menopause Awareness Month and supports **Governor Josh Shapiro**’s proclamation recognizing the importance of menopause education and workplace support for women’s health throughout the Commonwealth.

To learn more about how to get involved with the Commission’s work, follow us on [Facebook](#) and [Instagram](#) and join our stakeholder list by emailing women@pa.gov.

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