

MENOPAUS

pleasure & desire

Wondering about **common menopausal changes** and how they may affect your sexual response?

Join our 2-part workshop for menopause information, specifically regarding pleasure and sexual desire.

Saturdays, 1 pm - 4:30 pm
April 4th and April 18th, 2026
SE Portland

FACILITATORS

Christina Cameli, CNM (she / her)

Christina is a menopause practitioner and Certified Nurse-Midwife. She is the founder of the midlife-focused healthcare practice Menopause Northwest.

Samantha Naliboff, LCSW (she / her)

Samantha is a licensed clinical social worker and therapist in private practice, with a focus on relationships, sex/sexuality, and communication.



Workshop features:

- **facts, myths & messages around peri/menopause**
- guided exercises, group discussions, and after-session suggestions*
- research and resources for **enhancing sexual wellbeing**

Unique Benefits:

- finding support and understanding in community
- exploring intentions around pleasure and/or desire
- appreciating how **your unique sexuality** operates

We welcome YOU:

All gender identities and sexual orientations

Single or partnered folx

Bodies of all sizes and abilities

The only requirement is that you are interested in exploring **sexuality and pleasure in relation to your own menopause transition.**

Early Bird Registration by Feb 17th, 2026 - \$375

after February 17th - \$425

Space is limited.

Register at www.menopausenw.com/blog

**No nudity or hands-on exercises.*

Sharing intimate information is not required,

If you have questions or need more information:

email: hello@ardortherapy.com

or call: (541) 854 - 5059

