

# MENOPAUSE

# 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](http://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](mailto:hello@ardortherapy.com)

or call: (541) 854 - 5059