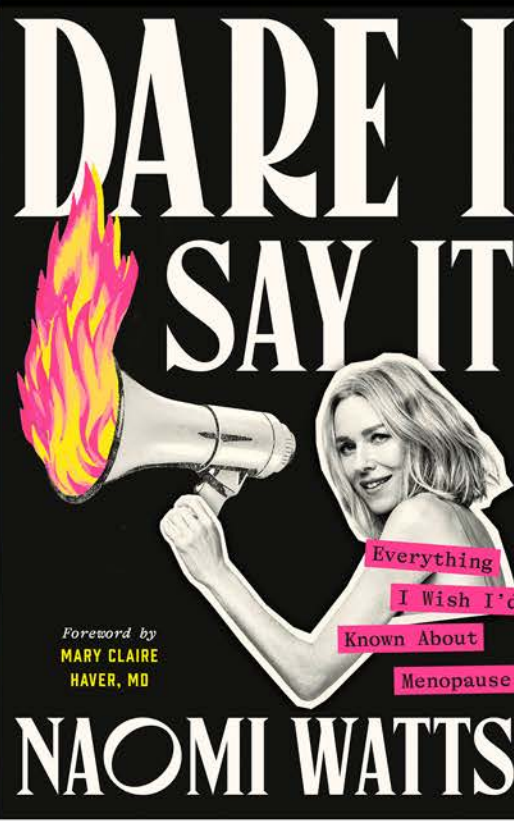


FAN



Dare I Say It: Everything I Wish I'd Known About Menopause Naomi Watts

Academy Award-nominated actor and founder and chief creative officer of Stripes, a company dedicated to raising menopause awareness.

Heidi Stevens

Chicago-based writer and Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health.

Wednesday, January 29, 2025, 7:00 PM
Register: www.bit.ly/WattsFANWebinar

BONUS BOOK GIVEAWAY, sponsored by FAN!
Details on Zoom registration page.

This event is #freeandopentothepublic and will be recorded.
Suitable for youth 12+

Presented by **FAN** and 40 of our member schools and organizations.
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FOR IMMEDIATE RELEASE: NAOMI WATTS – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Wednesday, January 29, 2025, 7:00-8:30 PM, [Dare I Say It: Everything I Wish I'd Known About Menopause](#), a FAN webinar featuring Naomi Watts in conversation with Heidi Stevens. **REGISTER: www.bit.ly/NWattsFANWebinar**

BONUS BOOK GIVEAWAY! We are giving away copies of *Dare I Say It* to randomly selected Zoom attendees. Details on the webinar registration page.

PROGRAM NOTE: This is a 90-minute event that will include 30 minutes of Watts answering attendee questions.

Acclaimed and beloved actress **Naomi Watts**, whose work includes starring roles in *Mulholland Drive*, *21 Grams*, *The Impossible*, and *FEUD: Capote vs. The Swans*, felt unprepared, uneducated, and ashamed when, at the age of thirty-six, she began experiencing symptoms that she would learn were the start of her entering perimenopause. Even though every woman grows older and will experience menopause, these topics remain taboo, especially in Hollywood and within the entertainment industry.

Feeling confused, alone, and unsupported about this stage of her life, Watts was determined to do better for herself and for other women and began boldly using her platform to normalize conversations about this natural process. In 2022, she founded Stripes Beauty to help generations of women prepare for and navigate their midlife transition.

Blending funny and poignant stories from Watts and her friends with advice from doctors, hormone experts, and nutritionists, and a foreword by bestselling women's health author, Mary Claire Haver, MD, Watts's new book, ***Dare I Say It: Everything I Wish I'd Known About Menopause***, takes the secrecy, shame, and anxiety out of experiencing menopause and aging. With chapters devoted to the different symptoms of menopause, Watts shares the most up-to-date research in how to manage and tackle these and other physical and emotional challenges women encounter when they age.

Watts will be in conversation with **Heidi Stevens**, Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health, and creative director for Parent Nation, an initiative of the TMW Center.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Avery Coonley School, Baker Demonstration School, Bernard Zell Anshe Emet Day School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glenview Public Library, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Lake Bluff D65, Lake Forest Academy, Lake Forest Country Day School, Lake Forest Community High School D115, Latin School of Chicago, Leo Catholic High School, Lycée Français de Chicago, New Trier High School D203, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Santa Clara University School of Law, Stevenson High School D125, Township High School D113, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Woodlands Academy.