



SO HOT RIGHT NOW

REDEFINING MENOPAUSE



MEDICAL CONFERENCE | SUNDAY 2ND MARCH 2025
SPONSORSHIP OPPORTUNITIES

“For too long women haven’t been able to access the right information or indeed the right treatment. My mission is to ensure access to evidence-based information, so they can make their own choices about their treatment.”

Dr Louise Newson



IT'S TIME TO REDEFINE MENOPAUSE
JOIN US IN THIS PURPOSE



SO HOT RIGHT NOW

REDEFINING MENOPAUSE



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THE CONFERENCE

Learn about the So Hot Right Now Conference, who's behind this new event and what the conference is all about.

THE EXPERTS

Discover the world leaders in women's health who will be joining us at the So Hot Right Now Conference, alongside Australia's own foremost experts.

SPONSORSHIP OPPORTUNITIES

With several options available, there is plenty of opportunities to join the So Hot Right Now Conference and redefine menopause.

SO HOT RIGHT NOW

THE CONFERENCE

As our understanding of menopause changes, we need to redefine this transition as a pivotal opportunity to shape women's future physical health and emotional wellbeing. By highlighting and exploring the critical role of hormonal health on women's brains and bodies, we can discover the secrets to thriving through this era of change.

The So Hot Right Now Conference is a full-day educational event designed for GPs, specialists and other healthcare professionals committed to advancing midlife women's health. This unique symposium adopts a fully integrated, whole-person approach, focusing on empowering midlife women and promoting healthy ageing by highlighting the critical role of hormonal health.

Bringing together world leaders in women's health, alongside Australia's foremost experts, the So Hot Right Now Conference is dedicated to equipping clinicians with actionable insights and practical guidance to provide individualised care to address the real-world challenges of supporting women through key life stages.

Supporting the So Hot Right Now Conference means joining a movement to drive innovation in women's healthcare, prioritising proactive, personalised care and wellbeing at every age.



TOGETHER WE CAN REDEFINE MENOPAUSE
LET'S THRIVE TOGETHER



THE CONFERENCE DETAILS

Date	Sunday 2nd March 2025
Time	9am–5pm
Host	Healthy Hormones
Venue	Hyatt Regency, 161 Sussex Street, Sydney
Capacity	350 attendees
Target audience	GPs and Specialists – gynaecology, rheumatology, orthopaedics, urology, sexual health, neurology, endocrinology and psychiatry
MC	Dr Ceri Cashell , GP, Menopause Doctor and Co-Founder Healthy Hormones, AUS
Keynote Speakers	Dr Louise Newson , GP and Menopause Specialist, UK Dr Vonda Wright , Orthopaedic Surgeon, US Dr Kelly Casperson , Urologist, US Prof. Cassandra Szoeki , Neurologist, AUS Dr Talat Uppal , Gynaecologist, AUS Dr Angela Kwong , GP and Founder Enlighten Me, AUS

The So Hot Right Now Conference is the third event in the So Hot Right Now long weekend and the only event of the series that focuses specifically on healthcare professionals who care for women. It follows a intimate long lunch on Friday 28th February at Manly Pavilion and the public event at the Sydney Opera House on Saturday 1st March 2025.



THE CONFERENCE HOST HEALTHY HORMONES

Healthy Hormones is a free online community founded by GPs passionate about women's health and dedicated to increasing menopause awareness and improving care across Australia.

With the motto, Australia needs better menopause care, Healthy Hormones helps health professionals and the public deepen their understanding of menopause.

Through a supportive space, people are able to learn more about perimenopause and menopause, ask questions and share experiences, access resources and live events as well as connect with menopause providers across Australia.

website. healthyhormones.au
linkedin. [@healthyhormones](https://www.linkedin.com/company/healthyhormones)
instagram. [@healthyhormones_](https://www.instagram.com/healthyhormones_)

SO HOT RIGHT NOW THE CONFERENCE

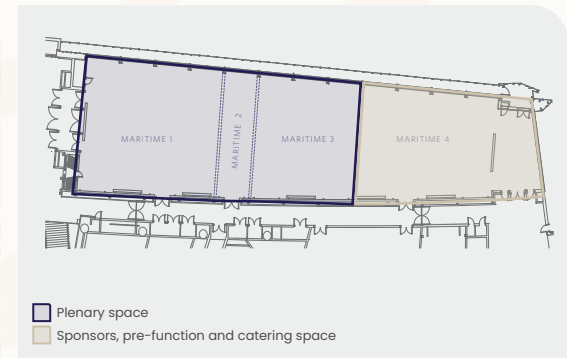
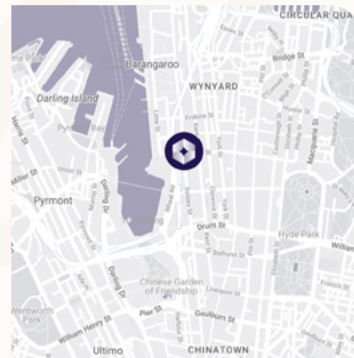


THE CONFERENCE VENUE HYATT REGENCY SYDNEY

Located adjacent to Darling Harbour in Sydney's central business district, the Hyatt Regency is Sydney's largest premium hotel, boasting 878 rooms, award-winning dining experiences and 4000 square metres of flexible meeting and event space.

The So Hot Right Now Conference will be held across the Maritime spaces at the Hyatt Regency, with dedicate spaces for the plenary sessions, sponsors, pre-function and catering in this one area of the hotel. The Maritime Ballroom offers a beautiful architecturally designed, pillarless event space, featuring floor to ceiling glass windows creating an abundance of natural light during the day.

address. 161 Sussex Street, Sydney NSW 2000, Australia
website. hyattregencysydney.com





THE CONFERENCE

THE CONFERENCE MC DR CERI CASHELL

A leading voice in women's hormonal health in Australia, Dr Ceri Cashell specialises in menopause, perimenopause and hormone-related mental health issues.

With 20 years experience as a practicing GP and now co-founder of Healthy Hormones, a menopause education platform for clinicians and the general public, Dr Cashell is passionate about raising awareness of how sex hormones impact every single cell in the body.

Dr Cashell advocates for a holistic, personalised approach to menopause care that includes nutrition, exercise and hormones, improving both quality of life and reducing the future risk of disease. Through medical writing, public speaking and social media, she challenges outdated medical norms, ensuring women receive the support they need with confidence and clarity during perimenopause and beyond.

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instagram. [@drcericashell](https://www.instagram.com/drcericashell)

SO HOT RIGHT NOW THE CONFERENCE

THE CONFERENCE SCHEDULE

Time	Session	Speaker
9:00 AM	Welcome and Introduction	
9:10 AM	Session 1 – Part 1: Musculoskeletal Syndrome Part 1	Dr Vonda Wright
9:55 AM	Session 1 – Part 2: Musculoskeletal Syndrome Part 2	Dr Vonda Wright
10:40 AM	Morning Break	
11:00 AM	Session 2 – Part 1: Individualised MHT Prescribing – Core Principles	Dr Louise Newson
11:45 AM	Session 2 – Part 2: The Impact of Hormones on Mood Across the Life Cycle	Dr Louise Newson
12:30 PM	Lunch Break (1 hour)	
1:30 PM	Session 3 – Part 1: Genitourinary Syndrome of Menopause and Sexual Health	Dr Kelly Casperson
2:15 PM	Session 3 – Part 2: Practical Testosterone Prescribing for Women	Dr Kelly Casperson
3:00 PM	Afternoon Break	
3:20 PM	Session 4: Dementia and Women’s Health Aging	Prof. Cassandra Szoeki
3:50 PM	Session 5: Abnormal Uterine Bleeding and Heavy Menstrual Bleeding	Dr Talat Uppal
4:20 PM	Session 6: Obesity and Metabolic Health	Speaker TBC
4:50 PM	Closing Remarks	

*The So Hot Right Now Conference schedule is subject to change.

“Menopause is not just hot flushes.
It is a pivotal point that determines
how women, and those born with ovaries,
will live the second half of their lives.
And that makes menopause medicine
possibly the best medicine of all.”

Dr Ceri Cashell



WITH EXPERTS LEADING THE WAY
WE CAN REDEFINE MENOPAUSE



THE EXPERTS

DR LOUISE NEWSON

A physician, women's hormone specialist and member of the UK Government's Menopause Taskforce, Dr Louise Newson is known as the "medic who kick-started the menopause revolution", empowering women to better understand, control and choose their menopause treatment.

Dr Newson is the founder of the award-winning balance menopause support app, with over a million downloads, and the balance-menopause website. She is the host of the top-ranked Dr Louise Newson podcast, a Sunday Times best-selling author and the founder of Newson Health, which offers personalised menopause care.

Committed to addressing the under-researched and under-funded field of menopause and hormone health, Dr Newson's Newson Health donates a proportion of profits to fund vital research and education.

She has developed a menopause education program downloaded by over 33,000 healthcare professionals worldwide, contributed to numerous academic papers and collaborated with several universities and organisations to raise awareness and improve access to menopause care.

Dr Newson frequently appears in the media as an expert on women's hormone health.

website. drlouisenewson.co.uk

linkedin. [@drlouisenewson](https://www.linkedin.com/company/drlouisenewson)
instagram. [@menopause_doctor](https://www.instagram.com/menopause_doctor)
facebook. [@balanceMenopause](https://www.facebook.com/balanceMenopause)
youtube. [@menopause_doctor](https://www.youtube.com/channel/UCmenopause_doctor)
x. [@drlouisenewson](https://twitter.com/drlouisenewson)

podcast. balance-menopause.com/type/podcast/
app. balance-menopause.com/balance-app/
books. **The Definitive Guide to the Perimenopause and Menopause**
Preparing for Perimenopause and Menopause
Hot Topics for MRCGP and General Practitioners

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THE EXPERTS

DR VONDA WRIGHT

An internationally recognised orthopaedic surgeon and expert in active ageing and mobility, Dr Vonda Wright specialises in sports medicine.

A leader in hip preservation, knee and shoulder reconstruction and performance optimisation, Dr Wright is also a pioneering voice in musculoskeletal health during menopause.

As the inaugural Chief of Sports Medicine at Northside Hospital Orthopaedic Institute, Dr Wright's research focuses on chronic exercise's impact on athletic performance and ageing, with over 5,000 masters athletes studied. She co-authored the key paper on the "musculoskeletal syndrome of menopause" and is a thought leader in Esports medicine.

Dr Wright is the author of four books, an educator and a frequent speaker on proactive health and ageing, regularly appearing on national TV.

- website. drvondawright.com
- linkedin. [@vonda-wright-md-ms-2803374](https://www.linkedin.com/company/vonda-wright-md-ms-2803374)
- instagram. [@drvondawright](https://www.instagram.com/drvondawright)
- facebook. [@youarentbroken](https://www.facebook.com/youarentbroken)
- youtube. [@vondawright](https://www.youtube.com/vondawright)
- x. [@drvondawright](https://twitter.com/drvondawright)
- books. **Younger in 8 Weeks**
Guide to Thrive
Fitness After 40
Estrogen Matters

SO HOT RIGHT NOW THE CONFERENCE



DR KELLY CASPERSON

A board-certified urologic surgeon, Dr Kelly Casperson is dedicated to transforming the understanding of sexuality and hormones.

After a pivotal patient encounter, she became passionate about female sexual wellness, leading to the creation of the *You Are Not Broken* podcast, which ranks in the top 10 of Apple Podcasts' Medicine category and has been nominated for an AASECT award three years in a row.

Dr Casperson has also developed online courses, a book and a membership program to empower women with knowledge of their anatomy, physiology and sexual function. Combining medical expertise with certifications from The Life Coach School and the North American Menopause Society, she uses a holistic, evidence-based approach to promote sexual wellness and confidence.

A sought-after speaker, Dr Casperson is known for her engaging, humorous style and practical advice that's changing lives in and out of the bedroom. Her book, *You Are Not Broken: Stop "Should-ing" All Over Your Sex Life*, is available on Amazon and Audible, and in 2025 she will open the Casperson Clinic for hormones and sex medicine.

website. kellycaspersonmd.com
linkedin. [@kelly-casperson-md-290a25b0](https://www.linkedin.com/company/kelly-casperson-md-290a25b0)
instagram. [@kellycaspersonmd](https://www.instagram.com/kellycaspersonmd)
facebook. [@youarentbroken](https://www.facebook.com/youarentbroken)
youtube. [@kellycaspersonmd](https://www.youtube.com/kellycaspersonmd)
podcast. kellycaspersonmd.com/you-are-not-broken-podcast/
book. *You Are Not Broken: Stop "Should-ing" All Over Your Sex Life*



THE EXPERTS

PROF. CASSANDRA SZOEKE

Prof. Cassandra Szoeki is a consultant neurologist, internationally awarded academic and the Director of the Women's Healthy Ageing Project, one of the longest-running studies on women's health globally.

Her research has provided ground-breaking insights into how lifestyle factors, hormones and genetics influence ageing and brain health.

Prof. Szoeki is the author of *Secrets of Women's Healthy Ageing* and has published numerous peer-reviewed articles.

She holds a BSc in Genetics, a PhD in Epidemiology and is a Fellow of the Royal College of Physicians. Her post-doctoral studies at Stanford University focused on public health and policy and her sabbatical at Oxford University centred on sex-specific medicine.

Prof. Szoeki has held leadership and governance roles in both the public and private health sectors, including Chair of Quality and Safety and Education Committees for the Department of Health. She is the Inaugural Chair of the Asia-Pacific Node of the Women's Brain Project and has contributed to national health policies and international collaborations.

A passionate advocate for preventative health, Prof. Szoeki is a sought-after speaker and media expert, translating complex scientific findings into practical health advice for the public.

website. findanexpert.unimelb.edu.au/profile/31879-cassandra-szoeki

linkedin. [@drpsz](#)

book. *Secrets of Women's Healthy Ageing*



THE EXPERTS

DR TALAT UPPAL

A renowned Sydney-based gynaecologist, educator and advocate for women's health, Dr Talat Uppal is known for her pioneering work in menstrual health management, community health and digital health innovation.

She is the founder of Women's Health Road, a clinic offering holistic, patient-centred care across all stages of life.

Dr Uppal established Australia's first Heavy Menstrual Bleeding hub, a multidisciplinary clinic providing comprehensive, personalised care. She also founded International Heavy Menstrual Bleeding (iHMB) Day to raise awareness and improve treatment standards globally.

A leader in digital health, Dr Uppal uses technology to enhance patient access and improve clinical efficiency, particularly for under-served communities.

As a sought-after speaker and thought leader, Dr Uppal advocates for the integration of digital solutions to improve women's health outcomes, positioning herself as a trusted voice in both medical and digital health communities.

website. womenshealthroad.com.au/dr-talat-uppal
bleedbetter.org/ihmb-day

linkedin. [@dr-talat-uppal](#)
instagram. [@bleedbetter_](#)

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DR ANGELA KWONG

A General Practitioner in Sydney, NSW, Angela Kwong is the Founder of Enlighten Me, a medically supervised weight loss program. The program's multidisciplinary team, including GPs, an Exercise Physiologist and a Nutritionist, supports patients in achieving sustainable, long-term weight control.

Recognising the challenges patients face with GLP-1 medications, Dr Kwong co-developed Enlighten Me Shakes – high-protein, low-carb meal replacements enriched with prebiotics, probiotics and greens to support nourishment when appetite is low.

She is the RACGP NSW State Lead for the Specific Interests Group in Obesity Management, hosts monthly GP support groups and organises educational events like The Australian Weight Loss Summit to improve access to evidence-based obesity management resources.

website.	enlightenme.upliftmed.au
linkedin.	@drangelakwong
instagram.	@drangelakwong
	@enlightenmeproducts
facebook.	@Upliftmed
youtube.	@drangelakwong
tiktok.	@drangelakwong

“Women’s bodies have more testosterone in them than estrogen. This is a normal hormone in our bodies. And just like estrogen, it declines in perimenopause.”

Dr Kelly Casperson



**BY COMING TOGETHER
WE CAN REDEFINE MENOPAUSE**



MEDICAL CONFERENCE | SUNDAY 2ND MARCH 2025
SPONSORSHIP LEVELS OVERVIEW

PLATINUM – \$100,000 – 1 AVAILABLE

As the lead sponsor of the SHRN Conference, your company will be front and centre with a 5 minute presentation, the only activation space and tickets for your sales reps and team to the conference and all other SHRN events across the weekend, amongst other benefits.

GOLD – \$50,000 – 2 AVAILABLE

Both Gold level sponsors have the opportunity for a 2 minute presentation at the SHRN conference alongside an event booth and tickets to both the conference and the Sydney Opera House events, amongst other benefits.

SILVER – \$25,000 – 6 AVAILABLE

Silver level sponsors will enjoy a table at the SHRN Conference, along with tickets to the conference and the Sydney Opera House events, amongst other benefits.

BRONZE – \$5,000 – 10 AVAILABLE

At the Bronze level, sponsors receive a table at the SHRN Conference, along with a sales rep ticket to the conference event, amongst other benefits.

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SPONSORSHIP LEVELS

Level	Platinum	Gold	Silver	Bronze
Investment (ex. gst)	\$100,000	\$50,000	\$25,000	\$5,000
Number Available	1	2	6	10
Sponsor Presentation	Yes – 5 minutes	Yes – 2 minutes	–	–
Trade Display	Activation space, 4x4m*	Booth, 3x3m	Table	Table
Sponsor Reps	6	4	2	1
Complimentary Full Conference Registrations	6	4	2	–
Sydney Opera House Tickets	6	4	2	–
Manly Pavilion Tickets	2	–	–	–
Logo on Holding Slides (start, breaks, end of sessions)	Yes	Yes	Yes	–
Advertisement slide (start, breaks, end of sessions)	Yes – 4 slides	Yes – 2 slides	Yes – 1 slides	–
Inclusion in sponsorship section of conference website	Yes – logo + 300 word bio	Yes – logo + 150 word bio	Yes – logo + 100 word bio	Yes – logo (no bio)
Inclusion in delegate tote bags	Yes	Yes	Yes	Yes
Logo on digital and hard copy handbooks	Yes	Yes	Yes	Yes
Logo on invitation	Yes	Yes	Yes	Yes
Logo on delegate name tags	Yes	Yes	–	–
Copy of delegate list	Yes	Yes	Yes	Yes

*The Platinum activation to be provided by sponsor; the 4x4m space includes 1 x lockable cabinet, 1 x cocktail table and 2 x chairs; additional furnishings or customisation can be accommodated upon discussion.

SPONSORSHIP OPPORTUNITIES

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ADDITIONAL OPPORTUNITIES

Unique Activation Options \$POA

New technology demonstration – e.g. body composition scanner / point of care testing / women's health devices.

Floral activation for photo opportunity.

Barista cart – sponsor coffee service, engaging attendees with your brand.

Juice cart – a health-focused branding opportunity.

Lanyards – custom-branded lanyards for all conference attendees.

Notepad and pen – branded stationery for attendees.

Gift Bag Sponsorship

Make a lasting impression with your logo on the official conference gift bags.

Provided to 350 attendees, your logo will be prominently featured in addition to the event logo, extending your brand's reach throughout the event and beyond.

\$3500 (ex. gst) | 350 bags

Individual Gift Bag Contents

Enhance your visibility by contributing branded items to the gift bags.

Popular choices include pens, practical gifts, snacks and educational resources, with a special focus on items that align with female health and wellness.

\$POA / gifts in kind will be considered | 350 bags

Conference Booklet Advertising

Limited advertising space is available in the conference booklet, reaching all event attendees with your branded message:

Half page: \$900 | Full page: \$1500 (ex. gst)

Other activations and opportunities will be considered.

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IT'S TIME TO REDEFINE MENOPAUSE
JOIN US IN THIS PURPOSE

To discover more about the So Hot Right Now Conference sponsorship package details and in kind opportunities, reach out to:

Johanna Wicks ~ johanna@healthyhormones.au ~ +61 (0) 422 698535

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