Society of Behavioural Health Singapore

curiosity series

PAIN to POWER: What Every Woman Should Know about Menopause, Midlife and Pain

Pain can become more noticeable during the menopause transition, affecting joints, muscles, the head, and pelvis. This pain is real, multifactorial and should not be accepted as part of ageing, as emphasised by the 2026 International Menopause Society

Using the PAIN to POWER framework, we will explore pain-processing mechanisms and how interaction of hormones, sleep, stress, lifestyle, movement and other factors may shape, amplify or sustain the experience of midlife pain. It will include a short demonstration on practical mobility and strengthening exercises to help maintain joint function, mobility, and confidence.







Approved RHWC CPE

A panel discussion with

A/Prof Stuart Derbyshire
Deputy Head, Department of Psychology, NUS

Dr Eevon Chia
Exercise Physiologist, Co-Founder of Oncology Fitness Lab

moderated by Susan Tan
Master Health Coach, Founder of ECI Consulting

Friday, 6 November 2026

6.30 - 8.00pm

NTU @one-NORTH
Seminar Room 901

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