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Ann Flood

Pennsylvania State Representative
138th District

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Breaking the Silence on Menopause

By State Rep. Ann Flood

Last week, I had the opportunity to take part in "Real Talk, Grown Woman Style" at The Forum Auditorium in Harrisburg, an honest and empowering conversation on menopause and women's health featuring national expert and author Dr. Sharon Malone and OB-GYN specialist Dr. Sharee Livingston.

For generations, women have faced menopause in silence. Our mothers and grandmothers often kept their experiences private, leaving many without the knowledge or support they needed. This event helped to change that narrative.

Dr. Malone and Dr. Livingston led a thoughtful discussion about menopause and perimenopause, covering symptoms, stigma, and hormone replacement therapy, helping women separate fact from fiction and take charge of their health.

Dr. Malone is a nationally recognized OB-GYN and author, widely respected for her work in women's health and menopause education. Dr. Livingston is a member of the Governor's Advisory Commission on Women and co-founder of an organization focused on expanding opportunities for minority clinicians. Their insights and guidance made the conversation both informative and inspiring.

As a member of the Governor's Advisory Commission on Women, I was honored to help open the evening alongside Ashley Walkowiak, executive director of the commission, and to join so many inspiring women who are breaking barriers, sharing stories and supporting one another.

When women talk openly, we all grow stronger. Let's keep the conversation going!

For more event photos, click here https://links.pahousenews.com/q/Sr6kk5XYSi0XVWFARbSHpSPH-UwHiJEXwJRZcOjYnZ0aW1lc0ByY24uY29tw4g6Ygl9VIDcatuLsqSir_-WRemJJA.



Helping Local Entrepreneurs Succeed at My Small Business Seminar

By State Rep. Ann Flood

Supporting small businesses is essential for a strong local economy, which is why I recently hosted a free Small Business Development and Financing Seminar for entrepreneurs in our community. We had a great turnout, giving local business owners plenty of opportunities to gain valuable information and meaningful connections to help their businesses grow.

In partnership with the Small Business Development Center at Lehigh University and the Rising Tide Fund, attendees explored what motivates entrepreneurs, how to weigh risk and reward, key questions to ask before launching, and the essential building blocks for business success.

We were fortunate to hear from expert presenters: Joseph Kornfeind of Rising Tide on financing options; Darryl Wentz from Lehigh University's Small Business Development Center on growth strategies; and Beth Duyssen of the Slate Belt Chamber of Commerce and Brian Fenstermaker of Slate Belt Rising, who shared insights and local support for entrepreneurs.

Starting or growing a business isn't always easy, but with the right tools, knowledge, and connections, local entrepreneurs can turn their vision into reality. I'm proud to support small businesses in the 138th District and help strengthen our local economy.

A special thank you to our presenters and partners for sharing their expertise and making this event possible.



Brian Fenstermaker, Dir. of Slate Belt Rising