

WOMEN'S

Health Workshop Series

The workshop is a hybrid series and participants can choose to attend in-person or virtually. Lunch will be provided for those who attend in person.

All sessions start at **12:00pm** and end at **1:00pm**

01 | FEBRUARY 25, 2026

Nadia Ramsaran, LPCC, PMH-C, presenting
Art of Setting Boundaries

Location: Zoom or HMNSS 1500



A Licensed Professional Clinical Counselor and Perinatal Mental Health certified clinician, Nadia Ramsaran helps women navigate the complexities of modern life, from people-pleasing to perinatal health. Her work focuses on sustainable well-being, teaching practical tools to develop healthy boundaries and reconnect with personal needs.

02 | MARCH 5, 2026

Dr. Natalie Rivera presenting
Understanding Your Menstrual Cycle

Location: Zoom or INTS 1113



Natalie Rivera is an OBGYN in her last year of the Minimally Invasive Gynecologic Surgery Fellowship at UCR SOM. She completed her residency at Maimonides Medical Center in Brooklyn, New York. She is a native of Southern California and passionate about women's and LGBTQ+ health, stemming from her background in Women's, Gender and Sexuality Studies during her time in undergrad.

03 | MARCH 12, 2026

Dr. Jasmine Correa presenting
Navigating Perimenopause and Menopause

Location: Zoom or HMNSS 1500



Dr. Jasmine Correa is a UCR School of Medicine alumna and current Fellow in Minimally Invasive Gynecologic Surgery, dedicated to improving access to complex pelvic care in the Inland Empire. Her work centers on women's health advocacy, with a specific focus on culturally competent surgical care and perimenopausal well-being.

04 | MARCH 18, 2026

Dr. Ciara Scott presenting
Pelvic Floor Health

Location: Zoom or HMNSS 1500



Dr. Ciara Scott Nwosu is a pelvic health physical therapist and owner of Artistry Pelvic Health Inc., specializing in treating pelvic pain, dysfunction, and pregnancy-related changes across all genders. As an educator at Loma Linda University, she applies a holistic, trauma-informed approach to care that integrates her orthopedic background with advanced pelvic health training.

Register: <https://bit.ly/ucrwomenshealthworkshop>

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