



Women's Health Awareness

Virtual Series: "RealTalk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

Honoring Loss While Making Room for Life: Protecting Your Peace During the Holiday Season and Beyond

Thursday, November 12, 2026
6:30-7:45 p.m. EST

The holidays can stir up grief in unexpected ways — loss of a loved one, health changes, shifting roles, or other transitions that make the season feel heavy. Join us for a caring, judgment-free space to meet your grief with self-compassion and learn practical tools for managing stress, setting boundaries, and protecting your peace. This isn't about "getting over" loss — It's about honoring it while still making room for connection and joy. Grief and hope can coexist.

During this session, participants will be able to:

- Recognize the many forms of grief and loss women may experience and how these can influence holiday experiences, expectations, and emotional and mental well-being.
- Identify practical strategies for navigating grief with self-compassion while protecting their peace and nurturing hope.

Webinar Goals: To empower women to honor what has been lost while embracing what remains possible, finding meaningful ways to protect their peace, nurture their well-being, and make room for hope during the holiday season and beyond.

Registration is free and open, and closes at noon on **Thursday, November 12, 2026**. Register at <https://www.niehs.nih.gov/womenshealthawareness>.

The Zoom link will be provided to all registered participants prior to the webinar.

For additional information, call the Office of Human Research and Community Engagement at 984-287-4413 or email wha@niehs.nih.gov.

Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4413 or wha@niehs.nih.gov. TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.



**LaTonia Clark
Chalmers, DNP**

Assistant Professor,
School of Nursing,
University of North Carolina
at Chapel Hill

Lead Sponsor: National Institute of Environmental Health Sciences, Clinical Research Branch,
Office of Human Research and Community Engagement

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. and
North Carolina Central University Department of Public Health Education

