

Professor Dr.

**Michelle Tollefson**

MD, FACOG, DipABLM, FACLM, MSCP



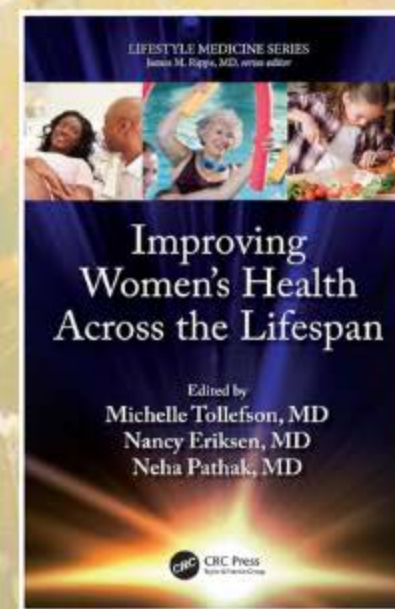
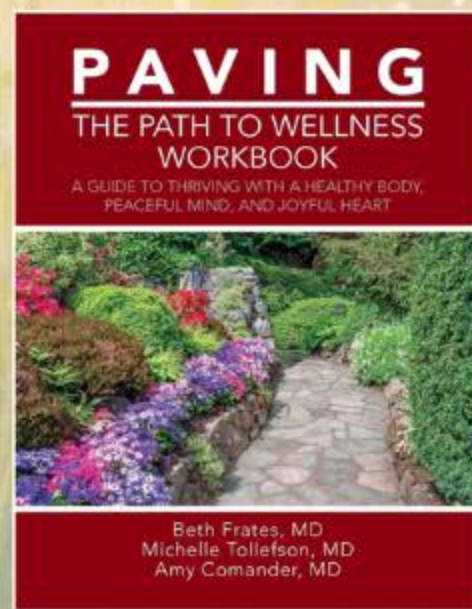
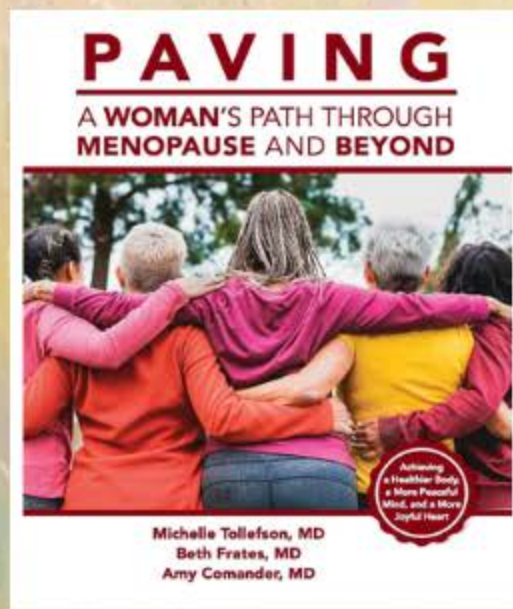
**Thriving Through Midlife**

Building Women's Vitality and  
Balance for the Years Ahead



## Lifestyle Medicine and Global Wellbeing Congress 2026

The Lifestyle Medicine and Global Wellbeing Congress 2026 is honoured to welcome Professor Dr. *Michelle Tollefson*, MD, FACOG, DipABLM, FACLM, MSCP, an internationally recognised obstetrician–gynecologist, menopause specialist, lifestyle medicine physician, researcher, author, university faculty member, and keynote speaker, whose work is dedicated to redefining the experience of women in midlife and healthy ageing.





**Prof. Dr. Tollefson will deliver her lecture on  
2 March 2026 entitled:  
“Thriving Through Midlife: Building Women’s Vitality  
and Balance for the Years Ahead.”**

This inspiring and empowering session presents a transformative perspective on midlife, reframing it not as a period of decline, but as a pivotal opportunity for renewal, clarity, and intentional life design. Drawing on the principles of lifestyle medicine, design thinking, and optimal aging, Dr. Tollefson highlights how small, purposeful daily choices can profoundly shape women’s long-term health, vitality, and wellbeing.





After being diagnosed with breast cancer at the age of 42 and experiencing abrupt menopause, Dr. Tollefson has integrated her lived experience with rigorous scientific expertise, bringing a rare and powerful combination of academic leadership, authenticity, and compassion to her work. This personal journey deeply informs her approach, allowing her to connect with audiences in a meaningful and human-centered way.

Participants will explore the critical role of lifestyle behaviours—including nutrition, physical activity, restorative sleep, stress resilience, and social connection—in supporting women's health during this significant life transition. The lecture invites women to approach midlife with curiosity and optimism, empowering them to intentionally design the healthiest and most fulfilling years ahead.





**\*\*We are pleased to invite you to participate in The Lifestyle Medicine and Wellbeing World Congress 2026, to be held from 1–3 March 2026 at The Berkeley Hotel Pratunam (Registration fee applies). This congress will provide an opportunity to exchange knowledge and insights with world-class speakers from various countries in the fields of lifestyle behavior change and the latest innovations in wellbeing development.**

For further information, please contact the Thai Lifestyle Medicine and Wellbeing Association at 093-584-0840 or 080-989-7415.”

