

Judging Through Midlife: What Every Woman on the Bench Should Know About Menopause, Brain Health, and Aging Well

— FOR JUDGES ONLY —



Fri, Oct 23, 2026



11:00 A.M. (PT)



Zoom

For many women, midlife coincides with some of the most demanding years of their professional and personal lives. Judges are no exception. As they balance complex caseloads, leadership responsibilities, family obligations, and caregiving roles, many women judges are also navigating the biological transition of perimenopause and menopause—often with little information or acknowledgment of its impact.

Join **Berkeley Judicial Institute** and **the National Association of Women Judges** on Friday, October 23 at 11 A.M. (PT) as **Dr. Robin Austin**, researcher, **writer**, and **host** of “midlife.unmasked” leads an informative, empowering conversation about judging at midlife.

Drawing on emerging science and practical strategies, Dr. Austin will explore the impacts of perimenopause and menopause on sleep, cognition and decision-making, mood, heart health, joint pain, sexual health, and quality of life.

Participants will gain evidence-based tools and strategies, learn how to separate fact from fiction in today’s crowded menopause information landscape, and leave with actionable approaches to support performance, well-being, and healthy aging on and off the bench. 1



Dr. Robin Austin

PhD, DNP, DC, RN, NI-BC, FAMIA, FAAN

Dr. Austin’s research capitalizes on her clinical background as a chiropractor and a nurse and integrates it with informatics methods to examine patients’ biopsychosocial, whole-person needs. Through her research and expertise in consumer and clinical informatics, she seeks to empower individuals to better care for themselves, using technology to advance person-centered care and achieve better health and wellbeing.

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