Midlife Health Collective
Care that Connects

Midlife can bring changes that affect how you feel, move, sleep, perform, and experience everyday life. Understanding what's changing and knowing how to support your health can be challenging, but it can also be an opportunity to invest in yourself and what matters most to you.

Our program brings together an integrated, multidisciplinary approach to help you navigate these changes with clarity, confidence, and personalized support.

Your initial intake will include our full care team and together, we take the time to understand your whole story, your priorities, and your unique goals, creating a shared understanding of where you are now and where you want to go.

From there, your care is thoughtfully coordinated around what matters most to you, with evidence-informed support across the different aspects of midlife health and wellbeing.

Our goal is to help you better understand your body, feel stronger and more confident, and make informed choices that support the life you want to live.



Midlife Health Collective Team

Midlife Health Collective
Care that Connects - Four Pillars

HORMONES

Thoughtful optimization aligned with how you actually feel.

Hormonal changes are a significant part of the midlife transition. This program brings hormone-focused care into the broader picture of your health, helping you understand your options and make decisions that are right for you.

MOVEMENT

Strength and resilience built for real life, not perfection.

Maintaining strength, mobility and physical capacity becomes increasingly important through midlife. Movement support is designed to help you build confidence in your body and maintain the physical capacity to do the things you enjoy.

NUTRITION

Nourishment that supports energy, recovery, and clarity.

Nutrition needs evolve through midlife and personalized nutrition guidance can help you optimize energy, support muscle health and recovery, and build sustainable habits that nourish your body and support long-term well-being.

EDUCATION

Understand your body and feel more confident in your choices.

There is a lot to navigate when it comes to midlife health. This program brings together evidence-informed education from a multidisciplinary perspective so you can better understand what is happening, ask questions and make decisions with confidence.

Who is this for?

The Midlife Health Collective is designed for women navigating the changes of midlife, including:

- Experiencing changes associated with perimenopause or menopause
- Looking for a more connected approach to their health
- Interested in understanding the role of hormones, movement and nutrition
- Wanting to build or maintain strength and physical capacity
- Looking for clear, evidence-informed education
- Unsure where to start and looking for guidance

Midlife Health Collective

Care that Connects

The Midlife Health Collective brings together three health and wellness organizations.

CRAVEN SPORT SERVICES

Craven SPORT Services brings physiotherapy care, movement analysis, and strength and conditioning to the Collective. Through functional movement assessment and physical testing, women will better understand their strength, mobility and physical capacity, while being provided opportunities to build strength and resilience through individualized training and ongoing progress monitoring.

ACTIVE ENERGY

Medicine for how you want to live.

Active Energy brings medical and hormone-focused care to the Collective, helping women better understand the hormonal changes of midlife and their impact on health and well-being. The team provides individualized guidance and support to help women understand their options and make informed decisions about their care.

VITALITY nutrition

Vitality Nutrition brings individualized nutrition care to the Collective, helping women understand and adapt to the nutritional changes and needs that can arise throughout midlife. Through personalized assessment, nutrition planning and ongoing follow-up, the team supports energy, body composition, metabolic health, recovery and overall well-being.

Together, the partners bring different areas of expertise into one connected experience.

Midlife Health Collective
Care that Connects - Health & Wellness Team

Our multidisciplinary team brings together medical care, pharmacy, physiotherapy, strength and conditioning, and nutrition to support the many dimensions of midlife health.



Michelle is a physiotherapist with over a decade of experience in rehabilitation, movement, and strength and conditioning. She is passionate about helping women feel strong, capable and confident in their bodies as they navigate the physical changes that can come with midlife and menopause.
As someone who values an active lifestyle, Michelle understands how important it is to feel good in your body and continue doing the things you enjoy. She takes a practical and individualized approach to care, helping women build strength, resilience and healthy movement habits that support physical health and confidence throughout midlife and beyond.

Michelle Keene Albers, MPT, BScKin, Dip. Sport PT, RISPT, CSEP-CEP, FDN

Adrienne is a physiotherapist and University of Saskatchewan graduate with degrees in Physiotherapy and Kinesiology. A former Huskie soccer athlete, she has a strong understanding of the importance of movement and physical activity in supporting health and quality of life.
Adrienne is passionate about continued education and providing compassionate, evidence-informed care. As someone who is also navigating the changes of midlife, she understands how important it is to feel good in your body and continue doing the things that bring you joy. She is excited to support women in building the knowledge, strength and confidence to live the life they aspire to.



Adrienne Stinson, BScPT, BScKin, Dip. Sport PT, ISST Schroth Therapist, FDN, RISPT

Midlife Health Collective
Care that Connects - Health & Wellness Team



Andrea Clinton, NP

Andrea is a Nurse Practitioner with 22 years of experience in primary care with the Saskatchewan Health Authority. She currently works with Active Energy clients, supporting individuals with their hormone replacement therapy needs.
Andrea has a special interest in women's health and midlife care, with a particular focus on hormone therapy. Her clinical experience, combined with her personal experience with hormone replacement therapy, gives her a unique perspective when supporting women through the changes of midlife and menopause.
Andrea is passionate about creating a supportive space where women can ask questions, better understand their options and make informed decisions about their health.

Marina is a pharmacist with clinical experience in both hospital and community settings. After completing her Doctor of Pharmacy at the University of Saskatchewan, she went on to complete a hospital pharmacy residency with the Saskatchewan Health Authority in Saskatoon.
Marina has a special interest in women's health, hormones and wellness, and is passionate about helping women better understand the changes that occur throughout the different stages of life. She brings a thoughtful, approachable perspective to conversations about medications, including prescription and non-prescription therapies, and enjoys helping women understand their options and feel informed and confident in their health decisions.



Marina Da Silva, PharmD, ACPR, RPh

Midlife Health Collective
Care that Connects - Health & Wellness Team

Courtney is a Registered Dietitian with a special interest in women's health and midlife nutrition. She supports women in navigating common midlife concerns, including changes in body composition, cardiovascular and metabolic health, energy, sleep and digestion.
Courtney takes a personalized, practical approach to nutrition, recognizing that every woman's needs, goals and lifestyle are different. She is passionate about cutting through the often overwhelming and conflicting information surrounding nutrition and menopause, helping women better understand the changes happening in their bodies and feel confident making food choices that support their health and well-being through midlife and beyond.



Courtney Berg, RD

What this is not...

Midlife health is not one-size-fits-all.

The Midlife Health Collective is not about prescribing one solution or telling every woman what they should do.

It is about bringing the right areas of expertise together so you can better understand your options and make informed decisions about your health.

You do not need to have everything figured out before you begin.

This is about meeting you where you are and helping you understand what comes next.

Midlife Health Collective
Care that Connects - What's Included

Getting started
Initial panel intake

- 60-minute collaborative discussion with you and the entire health & wellness team
- Before your appointment, you will complete a thorough intake form, which the team will review in advance
- During your intake, we will explore your "why," discuss your unique health goals and create a shared plan to help you reach them
- You will receive a requisition for a baseline bloodwork panel
- DEXA scan (optional)

Physiotherapy

- Functional movement assessment
- Injury assessment as needed
- Referral for in-house pelvic floor physiotherapy if needed
- Ongoing follow-up and progress monitoring
- Individualized programming considerations identified and applied to strength and conditioning program

Strength & Conditioning

- Strength and functional testing
- Quantitative data to track progress
- Individualized strength training programs created
- Twice-weekly training with your cohort

Tuesdays & Thursdays at 6 am

Craven Training Centre on 2nd Ave

Punch pass option for Supervised Training if timing does not work.

Medical Support

- Message the medical team anytime for coaching and questions
- Treatment adjusted to how you feel, not just to a lab number
- Follow-up schedule restarts with any dose change, so every adjustment is checked
- Bloodwork review
- Mood and sleep screening
- Pharmacist medication review and education booklet
- Referral to Dr. Carinca Le Roux for breast and cervical screening, if needed
- Letter sent to your family doctor

Nutritional Support

- Comprehensive nutrition consultation
- Personalized nutrition plan created
- Premium Cronometer food tracking app access
- Midlife nutrition guide and recipe book
- Email access to your dietitian for nutrition questions between appointments

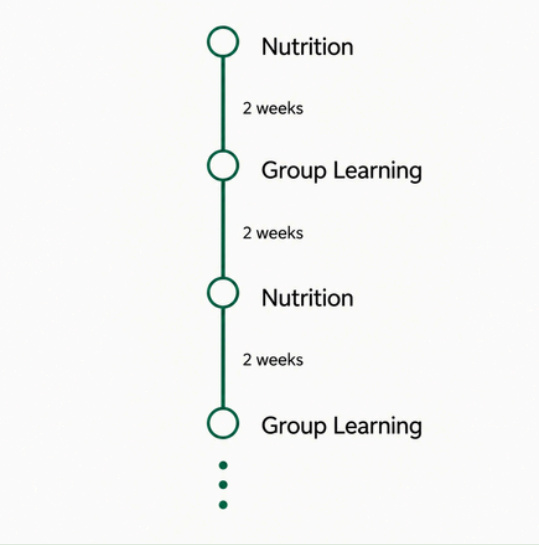
Midlife Health Collective
Care that Connects - Program Timeline

Individual Appointments
These appointments follow the initial panel intake

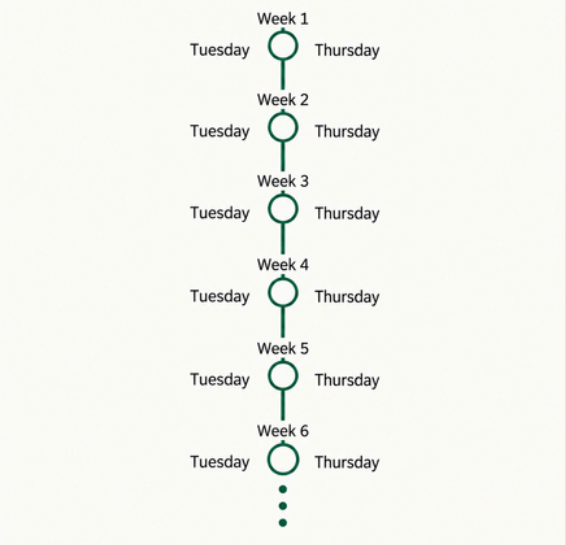
	Initial	3 months	6 months	12 months
Physiotherapy	60-minute initial assessment	60-minute follow-up	60-minute follow-up	as needed
Medical-HRT Care	60-minute comprehensive HRT consultation + personalized treatment plan	30-minute follow-up + hormone level check	30-minute follow-up + hormone level check	30-minute annual review + repeat bloodwork
Nutrition	60-minute comprehensive consultation + personalized nutrition plan	60-minute follow-up	30-minute follow-up	30-minute follow-up
Strength & Conditioning	90-minute strength and functional testing	90-minute strength and functional testing	90-minute strength and functional testing	as needed

Group Sessions

Education & Group Learning
Sessions every two weeks



Strength & Conditioning
Workouts twice a week
Tuesdays & Thursdays at 6 am



Midlife Health Collective
Care that Connects
-Education & Group Learning

Understanding the changes happening during midlife is an important part of feeling confident in your health and the decisions you make.

Throughout the program, participants will have access to education sessions led by members of the Midlife Health Collective team. Sessions will combine evidence-informed information with practical strategies and opportunities to ask questions, with some topics tailored to the needs and interests of the cohort.

Group discussion topics may include:

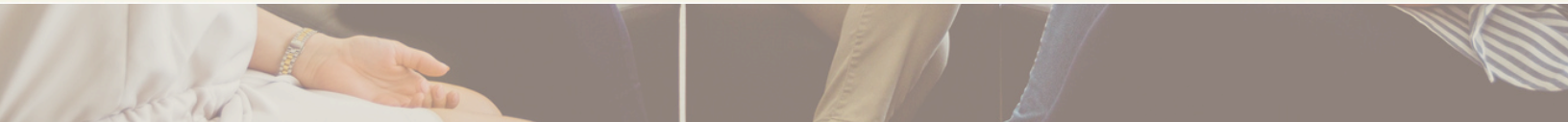
- Sleep and its role in midlife health
- Libido, sexual health and pelvic floor physiotherapy
- Body composition changes through midlife, including discussions around weight management and weight-loss medications
- Medications and pharmaceutical information relevant to midlife health
- Nutrition throughout midlife, with three group education sessions offered over the course of the program

The goal is to provide clear, practical information you can use, while creating a comfortable environment to ask questions and better understand your options.





Each marker represents a session two weeks after the previous one.



Midlife Health Collective
Care that Connects
-What Happens Next?

The Midlife Health Collective is preparing to launch its first cohort of 10 participants in October 2026.

If you have expressed interest in joining the program, here's what to do next:

1. *Check your insurance coverage*

You may have coverage available for services included in the program, such as physiotherapy, registered dietitian, private medical, etc. We recommend checking with your insurance provider to understand your individual coverage.

2. *Complete the interest form*

Complete our online interest form and we'll send you additional information about the program, including dates, cost and how to get started. A referral is not required.

3. *Initial intake*

The initial intake is a 60-minute collaborative discussion with you and the Midlife Health Collective team, taking place at the end of October. Having the team together from the start allows us to learn about your individual health, goals and priorities from your perspective, while bringing multiple areas of expertise into the conversation. This creates a cohesive approach from the beginning, with the team aligned on your needs and how best to support you throughout the program.

Please note that our first cohort will be filled at a first come, first served basis. We hope to continue growing this program and welcome your feedback.

LEARN MORE

https://midlife-health-collective.vercel.app/

QUESTIONS?

midlifehealthcollective@gmail.com

CRAVEN SPORT SERVICES

ACTIVE ENERGY
Medicine for how you want to live.

VITALITY nutrition