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Her own experience was the catalyst for change: Bo Kim to educate at Wheatbelt community perimenopause and menopause event

When clinical pharmacist and founder of EmpowHer Menopause, Bo Kim began experiencing perimenopause symptoms, she found it surprisingly difficult to understand what was happening with her own body.

"It took multiple healthcare appointments before I was able to access the care I needed," Bo said.

It was this experience that made her realise just how many women are going through the same thing, especially those who many do not have the time, resources or confidence to keep asking for answers.

She became passionate about menopause and saw it as an opportunity to make a difference through education.

"My own experience was the catalyst," she said.

In September, Bo will deliver evidence-based menopause education in a free community event in Dowerin.

"In regional communities, there can be additional barriers to accessing specialised women's health care," Bo said.

"Being able to bring evidence-based menopause education directly into the community, where women can ask questions openly and without judgement, is really meaningful to me."

Delivered by Rural Health West and EmpowHer Menopause, the Community Perimenopause and Menopause event will be held on Monday, 14 September 2026 from 6pm - 8.30pm at the Dowerin Community Club.

Bo has provided healthcare services to rural and remote Western Australia, including telehealth and virtual clinical pharmacy services supporting patients and hospitals in the Pilbara and Midwest.

"I'm really excited and genuinely honoured to be part of this event," Bo said.

"Menopause education shouldn't only be available to women who can afford a private consultation or who live close to a specialist service. Every woman deserves access to reliable, evidence-based information about her health."

Rural Health West Family Program Coordinator Jen Maughan said that unlike previous menopause forums, which have featured panels of local health professionals, the Dowerin event will take a different approach with a dedicated lead presenter.

"Bo's passion to help women regain clarity, energy and confidence throughout midlife is empowering," Jen said.

"Bo is also a sought-after community educator who is passionate about making menopause conversations accessible, relatable and engaging."

You can register for the event here: <https://ruralhealthwest.eventsair.com/26comed-menodowerin/reg>.

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***Rural Health West** aims to improve access to quality healthcare for rural communities through the provision of a highly skilled, motivated and sustainable medical and allied health workforce. We are a not-for-profit organisation primarily funded through the WA Country Health Service and the Australian Government Department of Health, Disability and Ageing.*