



Rixa Health Announces the 2026 Northwest Ohio Women's Health Summit Featuring Keynote Speakers Dr. Kelly Casperson and Dr. Maria Sophocles

August 11, 2026

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Rixa Health has announced the Northwest Ohio Women's Health Summit, scheduled for Saturday, October 10, 2026, from 9:00 a.m. to 4:00 p.m. at the Glass City Center Grand Ballroom in Toledo, Ohio. The one-day women's health summit will bring together national speakers and regional healthcare professionals for educational discussions focused on hormones, metabolism, gut health, midlife health, sexual wellness, and functional and lifestyle medicine.

The event is designed for women seeking additional health education as well as healthcare professionals interested in clinical perspectives on women's health. Presentations are expected to address current research, established clinical guidance where applicable, and the professional experience of participating speakers. Organizers state that individual sessions may also discuss areas of functional and integrative medicine in which evidence, clinical adoption, or professional consensus varies.

Dr. Kelly Casperson, MD, will deliver the morning keynote presentation. Casperson is a board-certified urologic surgeon, sex educator, TEDx speaker, host of the You Are Not Broken podcast, and author of You

Are Not Broken and The Menopause Moment. Her work addresses subjects including sexual health, hormone therapy, menopause, intimacy, and communication surrounding women's health.

The afternoon keynote will be presented by Dr. Maria Sophocles, MD, a gynecologist, speaker, and author of *The Bedroom Gap*. Her presentation will address midlife intimacy, menopause, and healthcare issues affecting women during this stage of life.

Additional speakers include Mia Scott, MSN, APRN, FNP-C, co-founder of Rixa Health and host of the *Health Without the System* podcast; Dr. Melody Hartzler, PharmD, BCACP, BC-ADM, ABAAHP, founder of PharmToTable; and Kristi Lorenc, FNP, a family nurse practitioner certified in functional medicine.

Scott's areas of professional focus include metabolic health, gut health, thyroid health, and personalized preventive care. Hartzler's professional areas of focus include hormone replacement therapy, thyroid dysfunction, functional medicine, and continuing education for healthcare professionals. Lorenc works with patients using functional medicine approaches that consider multiple factors that may contribute to chronic health concerns.

Programming throughout the day will cover several areas of women's health, including hormonal changes during perimenopause and menopause, sexual health, metabolic health, insulin resistance, thyroid function, gut health, inflammation, and lifestyle factors. Speakers will also discuss how conventional, functional, integrative, and lifestyle-medicine perspectives may be evaluated and applied in different clinical contexts.

Educational discussion of hormone therapy, functional medicine, integrative medicine, or other clinical approaches does not mean that every intervention discussed is appropriate, clinically indicated, or supported by the same level of evidence for every individual. Treatment decisions depend on a patient's medical history, symptoms, risk factors, current clinical guidance, and consultation with a qualified healthcare professional.

"Our goal is to give women and healthcare providers access to clear information and practical perspectives that can support more informed conversations about health," said Mia Scott, MSN, APRN, FNP-C, co-founder of Rixa Health. "The summit is intended to examine physiology, current research, clinical experience, and areas where recommendations may differ, while giving attendees a broader framework for understanding women's health concerns."

Attendance options include an in-person summit experience, a limited-capacity VIP option, and a live-stream option for remote participants. The standard in-person experience includes access to keynote and main-stage presentations, parking, lunch, snacks, participating health vendors, and an event gift bag.

The VIP option includes the standard event access along with front-row seating, a post-conference question-and-answer session with Dr. Maria Sophocles, and a private dinner with Dr. Kelly Casperson following the event. The first 20 VIP ticket holders are also scheduled to receive a signed copy of *The Bedroom Gap*. VIP attendance is limited to 40 tickets.

The live-stream option will provide remote access to keynote sessions and will include session summaries and participating vendor information. Additional event and ticket details are available through the summit website.

Rixa Health said the October event is intended to provide a forum for public education and professional discussion around women's health topics that can become particularly relevant during midlife. The program brings together speakers with backgrounds in urology, gynecology, nursing, pharmacy, functional medicine, metabolic health, and preventive care.

The educational format is intended to distinguish between established clinical recommendations, emerging areas of research, and approaches that remain subject to professional debate or individualized clinical judgment. Attendees are encouraged to treat summit presentations as educational information rather than individualized medical advice.

For more information about the Northwest Ohio Women's Health Summit, including the event schedule, speaker information, and attendance options, visit summit.rixahhealth.com.

Rixa Health is a nationwide integrative and functional medicine practice focused on personalized approaches to health and preventive care. The practice works with patients in areas that include metabolic health, hormone health, thyroid function, gut health, and lifestyle-related factors. Rixa Health also provides educational resources intended to help patients better understand health information and participate in informed discussions with healthcare professionals. Through clinical services, educational programming, and community events, the organization provides information related to functional, integrative, and lifestyle medicine while emphasizing individualized evaluation and clinical decision-making.

The Rixa Health event team can be reached through the summit website at summit.rixahhealth.com. The Northwest Ohio Women's Health Summit event will take place at the Glass City Center, 401 Jefferson Ave, Toledo, OH 43604.

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Rixa Health

Rixa Health is a telehealth medical care company focused on personalized, patient-centered care. Rixa offers cutting-edge treatments for weight loss and emphasizes long-term wellness.

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