

March 28, 2025

100 State House Station
Augusta, ME 04333

**Testimony in Support of LD 1079 An Act to Provide Comprehensive
Perimenopause and Menopause Education**

Dear Senator Ingwersen, Representative Meyer, and members of the Health and Human Services Committee:

My name is Regina Bowie, and I live in Presque Isle. I am a self-advocate, meaning I am a person who lives with a disability. I am also a member of Speaking Up For Us, Maine's Self-Advocacy Network.

I am in support of LD# 1079 because educational materials on perimenopause and menopause are important. For someone with an intellectual disability and learning disability we don't understand everything that is happening with our bodies as we age. The sudden changes in our bodies can feel overwhelming to us. Because we have disabilities, we are often left out of educational opportunities, or the wrong format is used to educate us about our bodies. We all learn differently and using different formats to educate on this topic is important.

Thank you for your time and consideration.

Sincerely,

Regina Bowie
Presque Isle
Crystalunicorn73@spectrum.net