



ORANGE COUNTY BAR ASSOCIATION  
Mommy Esq. Committee

IN-PERSON ONLY

# THE MIDLIFE RESET: Navigating Hormones, Mood, and Women's Health with Confidence

An OCBA Mommy Esquire Monthly Meeting

*Mommy Esq. Committee Chairs: Laurie Rowen and Ashley Peniche Montenegro*

**TUESDAY, APRIL 14, 2026**

**Registration/Networking: 11:45 a.m. – 12:00 p.m. | Program: 12:00 p.m. – 1:00 p.m.**

**Orange County Bar Association | 4101 Westerly Place, Newport Beach, CA 92660**



DR. ZHANNA PINKUS

Dr. Zhanna Pinkus, an Ob/Gyn, will discuss women specific health issues, such as periods, menopause, body changes, that occur in our 20's, 30's, 40's, 50's and beyond!

*Dr. Pinkus is an experienced Obstetrician/Gynecologist, who has been helping women of all ages for over 20 years. She believes that empowering her patients to take charge of their global health and wellness has the most enduring impact on their well-being. Whether she is guiding patients through their first pregnancy, or their transition through menopause, or an adolescent through their first period, Dr. Pinkus takes the time to really listen to her patients and treat the root cause. Her thoughtful application of medical interventions, nutrition, exercise, and healthy living strategies keeps many generations of patients coming back to her for her care.*



Moderator  
KRISTINE KOO

**Moderator:** Kristine Koo, principal and founder of the Law Office of Kristine Koo, APC.

**Hosted lunch. Complimentary for Mommy Esq. Committee Members**

*\$15 for Non-Mommy Esq. Members, Active OCBA Attorney Members*

**Register at [OCBAR.ORG](https://ocbar.org) or email [events@ocbar.org](mailto:events@ocbar.org).**

Registration deadline, Thursday, April 9, 2026.

**Advanced registration is required.** For assistance, please contact the OCBA at [events@ocbar.org](mailto:events@ocbar.org).