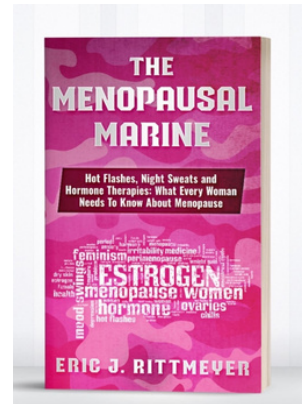


ERIC RITTMAYER

Eric Rittmeyer is the Director of Business Development and a Mental Toughness Coach with LifeMed Institute in Baltimore, MD. He's a former US Marine and an expert in the fields of mental toughness and emotional intelligence. Eric is also the author of the recently published book **"The Menopausal Marine: Hot Flashes, Night Sweats and Hormone Therapies: What Every Woman Needs To Know About Menopause"** and is a regular guest on all of the major television outlets.

While you may ask why a Women's Summit has a male speaker to address menopause, we think you'll understand why when you hear him on stage. Eric has a fierce passion for educating himself on the science behind menopause and the current therapies available to women struggling with the oftentimes debilitating symptoms that come with it. He loves bringing his infectious, high-energy personality 'to the table' to educate women on the benefits of hormone replacement therapies and how they can help them feel like themselves again. Living healthier, happier and more rewarding lives.

[LinkedIn](#) [Instagram](#) [LifeMed Institute Website](#) [Eric's Book](#)



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