



## JOINT MEDIA RELEASE

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For immediate release

### Alberta Blue Cross® and the Lois Hole Hospital Women's Society partner for women's health

As part of an ongoing partnership between Alberta Blue Cross and the Lois Hole Hospital Women's Society, the organizations celebrate International Women's Day on March 8 by highlighting the *Between Us: exploring the mind & body* virtual lecture series. This free, interactive series provides an inclusive, welcoming environment for discussing women's health topics. Attendees have unique access to specialists on various topics during these sessions where they can ask speakers questions directly.

The Lois Hole Hospital Women's Society hosts the speaker series and is one of the few hospitals in Canada dedicated to women. From clinician insights to advancements in clinical care rooted in research, each speaker participating in the series is dedicated to continuous improvements in women's health.

"International Women's Day is a powerful reminder that when women are supported with knowledge and connection, entire families and communities benefit," says Georgia Miller, chair of the Lois Hole Hospital Women's Society. "The *Between Us* series reflects our commitment to ensuring women feel heard, informed and empowered in their health journeys. We're grateful to Alberta Blue Cross for helping us make these meaningful conversations accessible to women throughout Alberta."

As a champion of wellbeing, Alberta Blue Cross is in its seventh year as a sponsor of the *Between Us* lecture series. In 2025, more than 1,640 participants across the province joined virtually for these interactive discussions, which covered topics including breast cancer detection, maternal mental health and perimenopause and contraception.

"At Alberta Blue Cross, we believe women deserve spaces where they can learn, ask questions and talk openly about their health without hesitation," says Narissa Kanji, director of Community Impact at Alberta Blue Cross. "We're proud to partner with the Lois Hole Hospital Women's Society to support *Between Us* and help create those meaningful conversations for women across Alberta."

*Between Us* attendees highlight how impactful the series has been in increasing access to women's health information. One attendee stated, "I finally felt seen after tonight's lecture. I've been struggling for a long time with no answers."

The next talk takes place on **Thursday, March 26** with *Between Us: An Interactive Talk on Pelvic Physiotherapy Management for Endometriosis*. Interested participants can register to attend this free, online event through the [Royal Alexandra Hospital Foundation website](#).

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About **[Alberta Blue Cross](#)**

As the largest provider of health benefits in Alberta, we believe we have the potential and responsibility to impact people's lives for the better. We believe all communities should thrive, and we are committed to serving as a champion for wellness by promoting the health of Albertans.

About the **[Lois Hole Hospital Women's Society](#)**

The Lois Hole Hospital Women's Society is an organization of people in all ages and stages in life, passionate about and committed to raising excellence in women's healthcare and treatment. The Women's Society raises awareness and important funds for a variety of initiatives at the Lois Hole Hospital for Women.

*For more information, please contact Angela Giacobbo, communications officer, Alberta Blue Cross at [agiacobb@ab.bluecross.ca](mailto:agiacobb@ab.bluecross.ca) or Lindsay Robertson, vice-president of Communications, Marketing and Brand, Alberta Women's Health Foundation at 780-217-2613 or [lrobertson@royalalex.org](mailto:lrobertson@royalalex.org).*



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