

A Certain Age Podcast Empowers Women to Live Midlife Out Loud

A Certain Age, the popular age-positive podcast for women in midlife, is on a mission to rewrite the story that aging makes you irrelevant.



London, United Kingdom Feb 10, 2025 ([Issuewire.com](https://www.issuewire.com)) - Hosted by career coach and mother Katie Fogarty, the show provides candid conversations and expert advice to help women in their 40s, 50s, and beyond thrive in all aspects of life.

"Pop culture is obsessed with youth, but I'm obsessed with women embracing their age," says Fogarty. "Turning 40, 50, 60 is wildly liberating. We are comfortable in our skin, confident in our choices, and excited about what's next. But navigating this phase also requires new tools. That's where A Certain Age comes in."

With over 200 episodes and counting, [A Certain Age](#) tackles topics like:

- Wellness, beauty, and fitness after 50

- Menopause, sexual health, and aging Bodies
- Reinvention, creativity, and purpose
- Career transitions and financial savvy
- Friendships, family and relationships
- Adventure, fun, and living life to the fullest

Featured guests include menopause specialists like Dr. Jen Ashton, LinkedIn Career Expert Catherine Fisher, style experts like Christine Morrison, and pro-age advocates like Margaret Osler of Ageing is Amazing.

"Each episode is a goldmine of ideas, emotional support, and self-discovery," raves one listener. "I feel like I'm part of the conversation at the best dinner party imaginable."

New shows drop weekly. Listen and subscribe to A Certain Age wherever you get your podcasts. For more midlife inspiration, sign up for the A Certain Age newsletter at acertainagepod.com and follow @acertainagepod on Instagram.

About A Certain Age A Certain Age is a podcast for women who want to live midlife out loud. Hosted by Katie Fogarty, the show provides candid conversations and expert advice on everything from wellness and beauty to career, relationships, and more. Learn more at acertainagepod.com.

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