

Menopause Awareness Day sessions

The sessions for this year are listed below:

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| October | |
| Bone health - how to keep strong and reduce the risk of osteoporosis | Monday 16 October 2023, 12.30pm |
| Self-care and relaxation session | Tuesday 17 October 2023, 12.30-1pm |
| Finding confidence and happiness in menopause | Wednesday 18 October 2023, 9.30-10:30am |
| A menopause support session for men / partners / friends | Wednesday 18 October 2023, 12.30-1.30pm |
| Meditation for menopause | Wednesday 18 October 2023, 1.30-2pm |
| Using nutrition to manage menopause symptoms | Thursday 19 October 2023, 12.30-1pm |
| Pelvic health in menopause | Thursday 19 October 2023, 1.30-2pm |
| Managing sleep during the menopause | Friday 20 October 2023, 12.30-1pm |
| Menopause awareness at work - training for all colleagues and line managers | Tuesday 24 October 2023, 12-1pm |
| Women of colour living well with menopause | Tuesday 31 October 2023, 1-2pm |
| November | |
| An alternative approach to the menopause | Monday 6 November 2023, 12.30-1pm |
| Keeping active during the menopause | Wednesday 8 November 2023, 12.30-1pm |
| Menopause awareness at work - training for all colleagues and line managers | Wednesday 22 November 2023, 9.30-10.30am |
| Understanding and managing your periods in menopausal transition | Thursday 23 November 2023, 1.30-2pm |
| December | |
| Menopause awareness at work - training for all colleagues and line managers | Wednesday 13 December 2023, 2pm |