



# Menopause Webinar

Menopause can be an incredibly difficult time for those experiencing it, putting great burden on both physical and mental health.

This webinar looks at the effects menopause has on physical and mental health, as well as the best way that people experiencing menopause can support themselves.

The session also looks at how those who aren't experiencing menopause (or won't) can offer support to family, friends and colleagues.

## When

17<sup>th</sup> April 2024

## Times

10:00

## Location

Online webinar

## Booking

Scan the QR code:



Or visit: <https://wellbeingbooking.co.uk/events/FIB7U2>