

# Women's Health Webinars

## Menopause Webinar

**17th April 2024  
10:00 – 11:00am**

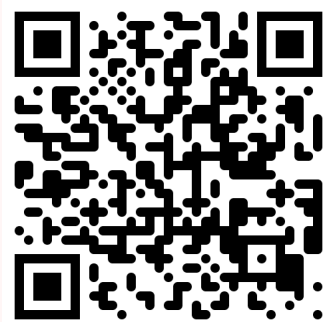


This webinar looks at the effects menopause has on physical and mental health, as well as the best way that people experiencing menopause can support themselves.

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

## Women's Health Webinar

**23rd April 2024  
14:00 – 15:00pm**



Many aspects of women's health can be overlooked, which is why awareness is so important. This webinar offers helpful tips and awareness around various aspects of women's health, including:

- Prevalent cancers and screening services.
- Self-examination, signs, symptoms and early detection.
- Mental health, including post-natal depression.
- Menopause.
- Risks around diabetes, high blood pressure and heart disease.
- Plus much more.