

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.

Supporting others through menopause

19th April 2024
12:00 – 12:30pm



This session will be run by Care first Menopause Mentor, Suzanne.

In this webinar, we will explore ways to support individuals going through menopause and touch upon the concept of male menopause, often referred to as andropause.

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.