

MENOPAUSE

AND YOU...

AT WEST YORKSHIRE HEALTH AND CARE PARTNERSHIP, WE ARE WORKING TOGETHER TO SUPPORT OUR WORKFORCE AND RAISE AWARENESS AROUND MENOPAUSE.

JOIN ONE OF OUR FREE SESSIONS IN 2023 WHICH WILL BE LED BY MENOPAUSE SPECIALISTS TO HELP YOU THROUGH YOUR MENOPAUSE JOURNEY OR SUPPORTING SOMEONE WHO MAY BE GOING THROUGH THE MENOPAUSE.

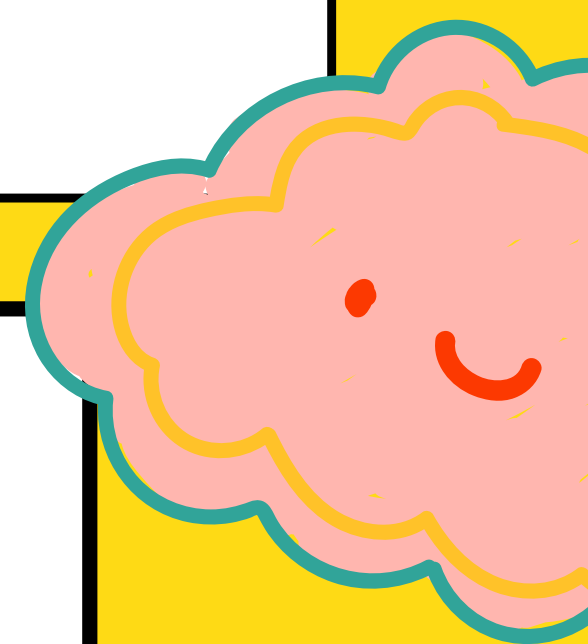


DATE	SUBJECT	LINK
TUESDAY 28TH FEBRUARY 1 - 2PM	MANAGING YOUR EMOTIONAL WELLBEING AND MENTAL HEALTH IN MENOPAUSE	HTTPS://WWW.EVENTBRITE.CO.UK/ E/529348815557
WEDNESDAY MARCH 15TH 1.30 - 2.30PM	UROGYANE IMPACT OF THE MENOPAUSE WITH DR ANGELA WRIGHT	HTTPS://WWW.EVENTBRITE.CO.UK/ E/533642407807
WEDNESDAY MARCH 22ND 1 - 2PM	MASTERING THE MENOPAUSE: THERAPEUTIC FOODS FOR PERIMENOPAUSE AND BEYOND - KAREN NEWBY	HTTPS://WWW.EVENTBRITE.CO.UK/ E/529376347907
TUESDAY APRIL 18TH 9.30 - 10.30AM	MENOPAUSE AWARENESS TRAINING FOR MANAGERS WITH SARAH BANKS	HTTPS://WWW.EVENTBRITE.CO.UK/ E/529382767107
THURSDAY APRIL 20TH 1 - 1.30PM	MANAGING FATIGUE IN MENOPAUSE	HTTPS://WWW.EVENTBRITE.CO.UK/ E/531792745417
TUESDAY APRIL 25TH 4 - 4.30PM	ORAL HEALTH DURING THE MENOPAUSE WITH KAREN NEWBY	HTTPS://WWW.EVENTBRITE.CO.UK/ E/531799686177
THURSDAY MAY 18TH 1-2PM	MANAGING YOUR MENOPAUSE SYMPTOMS AT WORK	HTTPS://WWW.EVENTBRITE.CO.UK/ E/531802293977

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AND YOU...

SESSION ARE FREE AND AVAILABLE TO ALL HEALTH AND CARE STAFF INCLUDING VCSE AND COMMUNITY SECTOR COLLEGUES



DATE	SUBJECT	LINK
TUESDAY JUNE 27TH 1 - 2PM	THE NATURAL MENOPAUSE MASTERCLASS – KAREN NEWBY	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31928310897
TUESDAY SEPTEMBER 12TH 1 - 2PM	WHY SUPPORTING YOUR DIGESTION IS KEY TO SUPPORTING YOUR MENOPAUSE WITH LAURA SOUTHERN	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31930196537
WEDNESDAY OCTOBER 18TH 9.30 - 10.30AM	FINDING CONFIDENCE AND HAPPINESS IN MENOPAUSE	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31933235627
WEDNESDAY OCTOBER 18TH 1.30 - 2PM	MEDITATION FOR MENOPAUSE	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31939434167
THURSDAY OCTOBER 19TH 1.30 - 2PM	PELVIC HEALTH IN MENOPAUSE	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31943295717
TUESDAY OCTOBER 31ST 1 - 2PM	WOMEN OF COLOUR LIVING WELL WITH MENOPAUSE WITH PAMELA WINDLE	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31946154267
THURSDAY NOVEMBER 23RD 1.30 - 2PM	UNDERSTANDING AND MANAGING YOUR PERIODS IN MENOPAUSAL TRANSITION	HTTPS://WWW.EVE NTBRITE.CO.UK/E/5 31949935577

