

# "But menopause is normal"

Anxiety  
Depression  
Brain Fog  
Joint Pain  
Memory Loss  
Low Libido  
Loss of confidence  
Irritability  
Hot Flushes  
Insomnia  
Migraine  
Night Sweats  
Difficulty concentrating  
Incontinence  
Mood swings  
Vaginal dryness  
Rage  
Low self esteem

## What's your normal?

#CHANGETHEFACEOFMENOPAUSE

@BEHINDTHEWOMAN1

