



# Menopause Awareness for All

A 90-minute online workshop - Wed 22<sup>nd</sup> Feb 2023 at 1.30pm

Everyone is affected by the menopause. This is an interactive bitesize workshop for all.

**Register on our dedicated Me Learning Platform.**

**Scan the QR code or follow the link below:**



[app.melearning.co.uk/auth/validate-key?registerKey=FJSZCDPW](https://app.melearning.co.uk/auth/validate-key?registerKey=FJSZCDPW)

The workshop will include:

- Myth busting
- Signs and symptoms,
- The effect of hormones
- Ideas for managing symptoms
- Treatment options available
- How to support a friend, colleague or family member.

 **mind**  
in Greater Manchester  
Local Minds working in partnership