



YOU ARE INVITED TO

NAVIGATING MENOPAUSE FREE WEBINAR

Gain an understanding of the **female hormones** and their impact on **physical, mental and emotional wellbeing**. Learn how to recognise signs and symptoms of **perimenopause** and **menopause** to best support yourself or others affected.

In this enlightening webinar you'll discover:

Lifestyle & nutrition habits that aggravate or alleviate symptoms

The causes, symptoms and facts

That exercise is the secret weapon against menopause



Friday 18 October 2024 at 11am

[Click here](#) or scan the QR code to register and join the live session.

In partnership with Staffordshire County Council