

A menopause policy should be as commonplace as a maternity policy, and the Government is starting to recognise this and will put legislation in place to ensure businesses have a duty of care to menopausal women. so now is the perfect time to act.



MENOPAUSE
LIFESTYLE SOLUTION



10% of women over 50 quit their job as their menopause symptoms are too unbearable for them.

Symptoms can include hot flushes, mood swings and poor memory to name but a few. The subject has always been 'taboo' but the government is finally recognising the seriousness of the menopause.

We have created an informative workshop to help support and inform your staff on how to cope with their symptoms. With this, your teams will not only feel supported but you as an organisation will see a reduction in absenteeism. We work with companies to support their female employees empowering them with the right tools to continue with their careers, rather than feel unsupported and isolated.

Our half day workshop will focus on food and exercise, mental health and medical treatment led by the following experts:



Livia Francis - Personal trainer advising on gut health, food choices & menopausal exercise with over thirty years of experience in the fitness industry. Founder of the Menopause Lifestyle Solution.

www.menopauselifestylesolution.com



Denise Hazlewood, Mindset to change Ambassador. A qualified level 3 personal trainer Dee advises women on the initial steps towards weight loss and lifestyle changes to a healthier way of living during the Menopause.



Joanne Morrison - Life transformation strategist, coping with the psychological aspect of change. CEO of Health Impact Coaching

www.healthimpactcoach.com



Guest speakers from the medical field

Medical professionals will deliver the most up-to-date information on the menopause and discuss all aspects of medication available today.

Workshop Details

What to expect:

- ♥ Information on food choices to reduce menopause symptoms
- ♥ Exercise to reduce symptoms
- ♥ Gentle, menopause specific exercise session – optional to participate or observe
- ♥ Managing the psychological aspects surrounding menopause
- ♥ Expert advice on medical support available for managing symptoms
- ♥ Better understanding of our bodies during menopause
- ♥ Actions that each individual can take to reduce symptoms of menopause
- ♥ Q & A discussion space

Outcomes:

- ✓ Improved ability to cope with symptoms
- ✓ Increased wellbeing
- ✓ Improved productivity at work

If you are open to supporting your staff through this stage of their life and learning more we are here to help. Get in touch to see how this workshop could improve productivity and reduce absenteeism in your workplace.

liv@menopauselifestylesolution.com

07931 771 457