



# MENOPAUSE AWARENESS PROGRAMME

**Menopause is a hot topic (literally sometimes!) and often taboo.**

**A big part of the workforce needs more support than they often receive.**

**51** Average age of menopause

**20%** Between age 40 - 45

**10%** Consider giving up work due to their symptoms

**1 IN 100** Becoming menopausal before age 40

**9/10** Report that menopause has impacted their work

**77%** NHS Staff are female with an average age of 43

**Whether you are going through the menopause, want to plan for the menopause, or just find out more about what every woman goes through, this session will be informative. The emphasis is on what to expect and how to manage the menopause. This two hour session is interactive and provides information about what the menopause and perimenopause is and what the symptoms and treatments are.**

**Organisations can buy the programme just for participants from their own organisations, or can buy a number of spaces and join with participants from other organisations**

**For more information, please contact [office@ltdblend.com](mailto:office@ltdblend.com)**