

Talking Menopause

Did you know...



MEMORY LOSS



DIFFICULTY SLEEPING



HEADACHES



DEPRESSION



ANXIETY

Six in ten menopausal women say their symptoms have had a negative impact on their work.

You're not alone!

If you need someone to listen and support you, who understands what you are going through, please call Carla Day our Menopause Advocate confidentially & anonymously



Wellbeing
MEN♀HUB

You are not alone!

You can call 07947 504497

menohotline@nationalcaregroup.com