

A photograph of a woman with long, wavy, reddish-brown hair, smiling as she works on a laptop. She is wearing a grey t-shirt. The background is a blurred cafe or office setting with warm lighting. The image is overlaid with a semi-transparent blue filter.

Mental Health and the Menopause

Mental Health and the Menopause

The course will focus on:

- Health – what are we talking about?
- The menopause and perimenopause who it affects and why it matters?
- The mental health impact on the individual, at work, home and within their body.
- We explore mental health signs and symptoms that women experience.
- Looking at awareness, understanding and stigma of the menopause and how it affects people.
- How it impacts organisations and a growing workforce.
- Case studies.
- Legislation, policies, and adjustments.

1.5 hours Cost: Webinar £375 Face to face £500 plus VAT

Want to know more?

We have a team of specialists ready to discuss your requirements and provide a range of solutions that suit your strategy, objectives and budget.

You can get in touch at:

0333 222 0710

workshops.wellness@vhg.co.uk

vitahealthgroup.co.uk

