



Monday, 17 October 2022

- 14:00 - 15:00 **Managing your menopause naturally**
with Karen Newby ****KEY NOTE SPEAKER****
- 13:00 - 14:00 **Mindfulness through menopause**
with Jayne Richardson
- 15:00 - 16:00 **Menopause awareness session for all staff, friends and family**
with Wendy Howman & Jo Kent
- 16:00 - 17:00 **Menopause café**

Tuesday, 18 October 2022

- 9:00 - 10:00 **Financial wellbeing during menopause**
with Jenny Wright & Cath Laycock
- 12:00 - 13:30 **Finding confidence and happiness during menopause**
with Rachel Young ****KEY NOTE SPEAKER****
- 15:00 - 16:00 **Self-Care for the menopause stretching & relaxation/musculoskeletal focus**
with HALSA Wellbeing

Wednesday, 19 October 2022

- 9:30 - 11:00 **A strength-based, resilience-informed approach to the menopause**
with Kate Williams
- 12:30 - 13:30 **Wake up to the menopause**
with Dr Nighat Arif ****KEY NOTE SPEAKER****
- 14:30 - 15:30 **Menopause support session for men - A confidential setting run by a male facilitator to help men support their partners or work colleagues**
with HALSA Wellbeing
- 16:00 - 17:00 **Menopause café**

Thursday, 20 October 2022

- 12:30 - 13:30 **Menopause, sexuality & intimacy**
with Dr Angela Wright ****KEY NOTE SPEAKER****
- 15:00 - 16:00 **Fit to cope - The benefit of exercise in musculoskeletal health during and after menopause**
with Debbie Jenkins
- 11:00 - 12:00 **Lets all talk about menopause - for line managers**

You can book your place on any of the sessions
via the Humber and North Yorkshire Health and
Care Partnership - Booking by Bookwhen or by
scanning this QR code

