



Perimenopause



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## Menopause & Lifestyle Courses

- Why Menopause Matters?
- Signs Symptoms and Solutions
- Menopause 4 Managers
- Putting the MEN into Menopause
- Menopause and Wellbeing
- Menopause versus Andropause
- An Overview of Women's Health
- Menopause and Weightloss
- The Importance of Sleep
- The Principles of Nutrition

All courses can be delivered in person or online and we also operate in multiple jurisdictions.

We can also offer bespoke corporate packages, as well as individual sessions.



## About Us

Our workshops provide a suite of wellbeing and health courses for male and female individuals or employees.

They are designed to bring improved mental and physical health, and our corporate courses should promote increased productivity, reduced absenteeism, improved employee retention and a better workplace culture.

## Contact Us



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