



MENOPAUSE MASTERCLASSES

- **HRT and Medical Options for Managing Menopause** delivered by Specialist Menopause GPs from My Menopause Centre. 1 hour
 - 9th September 2025 - 12pm-1pm
- **Nutrition and Menopause** - lifestyle approach to managing menopause delivered by Nutritional Therapist Jackie Lynch from WellWellWell. 1 hour
 - 7th October 2025 - 12pm-1.15pm
- **Menopause, Movement and Exercise** delivered by exercise and movement trainer Sally Bolton from SB Wellbeing. 1 hour
 - 18th November 2025 - 12pm-1pm
- **Menopause and Mindset** delivered by a Coaching and Training Specialist from Henpicked: Menopause in the Workplace. 1 hour 15
 - 27th January 2026 - 12pm-1.15pm
- **Supporting Postmenopausal Health** delivered by our Menopause Friendly team following the groundbreaking research from our "Give Your Bones a Break" campaign covering all aspects of postmenopausal health. 1 hour
 - 24th February 2026 - 12pm-1pm

Once booked you will be sent links and invitation wording for each session to share in your organisation. A link to recordings of the sessions will be made available for 30 days following each session for anyone who cannot attend live.

A handout will also be provided summarising the key facts and further signposting from each event.



MENOPAUSE MASTERCLASS

HRT (HORMONE REPLACEMENT THERAPY)

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

For those wanting to understand more about the medical approach to managing menopause.

Delivered by Henpicked: Menopause in the Workplace and a GP Menopause Specialist from My Menopause Centre this session focuses on debunking the myths, exploring the facts and the range of options available, both HRT and alternatives.

This session covers:

- HRT: the benefits and risks
- HRT: the facts and myths
- different types of HRT
- other alternatives
- top tips for talking to your GP
- questions and answers

“Very informative and insightful, covering a wide range of areas within the subject. The biggest takeaway for me was to be told that if something isn't working it is worth going back to the GP as there are other options available, and that everyone is different.”



MENOPAUSE MASTERCLASS

NUTRITION AND MENOPAUSE

THR15 | WEBINAR ONLY | UNLIMITED ATTENDEES

For those wanting to understand how we fuel our bodies during menopause and the huge impact this can have on our symptoms, how we feel and our long-term health.

Delivered by Henpicked: Menopause in the Workplace and a Nutritional Therapist (Jackie Lynch - WellWellWell) specialising in menopause, this menopause and nutrition masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

This session covers:

- what can support your body
- things that may have a negative impact
- the small changes you can make to start feeling better and improve symptoms
- key considerations for your long-term health

“Lots of useful information. Really grateful that peri/menopause is being given this platform. It can be so isolating sometimes especially if you work in a male dominated environment.”



MENOPAUSE MASTERCLASS

MENOPAUSE, MOVEMENT AND EXERCISE

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

For those wanting to understand how movement and exercise during menopause can have a huge impact on managing symptoms, how someone feels during menopause as well as supporting their long-term health.

Delivered by Henpicked: Menopause in the Workplace and Exercise and Movement Trainer (Sally Bolton – SB Wellbeing) specialising in menopause, this menopause, movement and exercise masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

This session covers:

- overview on key facts about menopause - ages/stages/symptoms
- what's happening to the body physically during menopause
- the evidence around how exercise and movement can support menopause
- types of exercise and benefits of each during menopause
- exercise that will support you to prepare for menopause
- what gets in the way of exercising
- top tips for getting started

“Great session with great information not just for me personally but for me to feed back to my work colleagues, friends and family.”



MENOPAUSE MASTERCLASS

MENOPAUSE AND MINDSET

THR15 | WEBINAR ONLY | UNLIMITED ATTENDEES

Looking after our wellbeing during menopause can be challenging; we are likely to be experiencing busy periods in our lives, managing fluctuating hormones and caring for other people around us too. This often means we place ourselves last, without time to explore the positive impact that mindset and self-care can have. Having tools and approaches to help us understand and manage our mindset, in a way that is right for us, is a powerful tool.

This interactive session, delivered by Henpicked: Menopause in the Workplace with Jo Lee-Morris, Head of Training and qualified Coach and Learning Professional, offers time to reflect, understand and discover strategies for managing our mindset and practicing self-care that's right for us as individuals, so that we can thrive during menopause.

In this session you will:

- explore some of the mindset challenges we can experience during menopause
- discover where negative and intrusive thoughts come from and practical strategies to work with them
- think about what we can and can't control and reflect on how to use this to alleviate overwhelm
- explore and define the self-care that's right for you
- share with others and gain useful ideas and insights from them

This session is also available as a 2h30 workshop to allow more time for people to work in small groups, sharing experiences and practising techniques.



MENOPAUSE MASTERCLASS

SUPPORTING POSTMENOPAUSAL HEALTH

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

This session focuses on the importance of supporting people's postmenopausal health and the proactive steps people can take to promote stronger bones and healthier lives.

Postmenopause is a significant phase in life, marked by the end of menstruation and in particular a decrease in oestrogen levels. This hormonal change can lead to various health concerns, including an increased risk of osteoporosis. With many people living and working for longer, more people than ever before will be spending many working years postmenopause.

Our "Give Your Bones a Break" research highlights the importance of maintaining strong bone health post menopause. The research outlines several key strategies to improve and sustain bone health, which can significantly reduce the risk of osteoporosis and related fractures.

This session covers:

- what is happening in the body post menopause
- key health considerations post menopause
- bone health - latest research and what people can do to keep their bones healthy
- cardiovascular health - key considerations for keeping our hearts healthy
- brain health - how we look after our brains and mental health post menopause
- how we can all support people to take care of their bodies post menopause

Together, we can promote stronger bones and healthier lives.