

Join us for a powerful series of three webinars on 18<sup>th</sup> June, 25<sup>th</sup> June and 2<sup>nd</sup> July between 19.30 and 21.00 designed to support women through the menopause transition

Hosted by Saira, Registered Associate Nutritionist, and Margaret Wood, Women's Personal Development Specialist, this series is designed to guide and empower women through the menopause transition with evidence-based advice and heartfelt support.



### **Menopause: A Midlife Rebrand**

[www.sairanutrition.co.uk](http://www.sairanutrition.co.uk)

[www.the-time-for-change.uk](http://www.the-time-for-change.uk)

We are creating a space where women can learn, share, and thrive during this important stage of life.

We also welcome husbands, wives, sons, daughters, brothers, sisters, friends, colleagues, managers and HR professionals to join us to gain an insight into what a woman can experience during menopause transition and ways in which they can provide support during this time.

#### **18th June**

Saira - How menopause affects blood sugar balance and how to manage it through diet and lifestyle, and how plant oestrogens may help relieve menopausal symptoms.

Margaret - What is the menopause transition & menopause brain?

Reshma (Hypnotherapist) - How hypnotherapy can help ease menopause symptoms by working with the subconscious mind

#### **25th June**

Saira - How menopause affects bone health and how to support it through nutrition, and how caffeine and alcohol may influence menopausal symptoms

Margaret - How women's careers and relationships can be affected. Menopause isn't just a woman's issue

Bilyana (Integrative Psychotherapist Specialising in Relationship Issues) - The life changes that women face alongside menopause, and how these affect their relationships with themselves and others

#### **2nd July**

Saira - To understand menopause's impact on heart health and how diet and spicy foods affect symptoms

Margaret - The impact menopause can have on a woman's financial security - having a menopause policy is just the start

Stephanie (Women's Wealth Specialist) - Money. Power. Purpose. Smart money moves for women rewriting the rules at midlife - practical steps to help build financial confidence and security

**Tickets includes access to all three webinars.**

**Each 90-minute webinar includes a guest speaker and an opportunity to ask questions**

**Can't make all three dates? Email: [info@sairanutrition.co.uk](mailto:info@sairanutrition.co.uk) or [info@the-time-for-change.uk](mailto:info@the-time-for-change.uk)**