 **[](https://bwellbelfast.hscni.net/positive-choices/)**

Menopause Awareness Session – Hormone Replacement Therapy and alternative remedies

Tuesday 4th October 2022, 1pm-1.30pm

Via MS Teams

Presented by: Philomena McFall: Menopause Nurse Specialist

To register to attend please email: [health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)

Please visit [b well Lets Talk Menopause](https://bwellbelfast.hscni.net/positive-choices/lets-talk-menopause/) to view the Menopause and Me Digital Toolkit which includes:

-Guide for Managers

-Guide for women

- HRT and alternative support

- Signposting to support services.