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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

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.