

# MENOPAUSE

**We are delighted to offer a range of events related to menopause and supporting our staff and managers.**

**Come join us!**

Monday 17th October 12.30 - 1.30pm  
Menopause Walk (meet at MIH Atrium)\*

Tuesday 18th October 12.00 - 2.00pm  
[4 Nations NHS & HSC Menopause Event](#)

Wednesday 19th October 1.00- 1.30pm  
Menopause & Mood - Catherine Scullion

Thursday 20th October 12.30 - 12.50pm  
Menopause Toolkit - Susan Miller

Friday 21st October 12.30 - 12.50pm  
Occupational Health Support - Diane Keys

**To register and join**  
**please click here**

**\*To sign up to the Menopause Walk email**  
**[health.improvement@belfasttrust.hscni.net](mailto:health.improvement@belfasttrust.hscni.net)**



**Click here for additional Menopause**  
**Information Sessions offered by**  
**Business in the Community.**

