

LEARN CBT skills to manage MENOPAUSAL SYMPTOMS

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MEMBER (BMS)

50% off

Next Course May
2021

Also available menopause
awareness session

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ARE YOU STRUGGLING WITH THE MENOPAUSE?

WHY NOT JOIN AN AWARENESS SESSION!

**LEARN ABOUT THE MENOPAUSE,
SYMPTOMS AND ALL THE OPTIONS THAT
ARE AVAILABLE TO YOU.**

**LEARN HOW TO MANAGE THE
MENOPAUSE AT WORK.**

**LEARN HOW TO DEVELOP A WORKPLACE
POLICY.**

**LEARN CBT SKILLS TO MANAGE
MENOPAUSAL SYMPTOMS SUCH AS
STRESS MANAGEMENT, HOT FLUSHES,
SLEEP PROBLEMS AND ANXIETY.**

**CBT SESSION IS DELIVERED IN SMALL
GROUPS VIA ZOOM GROUPS, OVER 6
WEEKS WITH DIARY ENTRIES AND
HOMEWORK IN BETWEEN SESSIONS.**