



**DATE:**

Tuesday 8th March

**TIME:**

1400hrs -1500hrs

**DELIVERED BY:**

Loretta Dignam –  
Founder & CEO, The Menopause Hub



**AN INTRODUCTION TO MENOPAUSE  
FOLLOWED BY 15 MINS Q&A**

1. Why menopause matters
2. What it is
3. Symptoms
4. Treatment options
5. The Business case for change
6. Menopause in the workplace - top tips

**ZOOM LINK, click here:**

<https://us02web.zoom.us/j/82740035273>