



Menopause Awareness Session

Tuesday 19th October 2021, 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](#) to view the Menopause and Me Digital Toolkit which includes:

- Guide for Managers
- Guide for women
- HRT and alternative support
- Signposting to support services.

Menopause Awareness Day is on the 18th October, with the focus on bone health. For more information please see attached leaflet (include link.)