

# MANAGING MENOPAUSE COURSE

This is an informative and supportive short course that aims to help women deal with the unpleasant psychological effects that menopause can bring.

## LEARN MORE ABOUT:

- ☐ Neurological changes and the impact on our moods and emotions
- ☐ How to tackle 'brain fog'
- ☐ Building resilience & finding coping mechanisms
- ☐ The impact and changes in our bodies and how to manage them
- ☐ Menopause & Sleep
- ☐ Menopause in the workplace...

...and  
so  
much  
more!

## AVAILABLE COURSES

Each course has **4** sessions delivered on the same day and time each week

**Denny Library**  
5.45pm - 7.45pm

Course 1:  
29<sup>th</sup> May -  
19<sup>th</sup> June 2025

**FDAMH**  
6.15pm - 8.15pm

Course 2:  
27<sup>th</sup> August -  
17<sup>th</sup> September 2025

**Bo'ness Library**  
5.45pm - 7.45pm

Course 3:  
15<sup>th</sup> September -  
6<sup>th</sup> October 2025

**This course deals with addressing the psychological and emotional impact of menopause and we do not cover any clinical matters such as the use of HRT**

## Funded by CVS Falkirk



## TO ACCESS THIS COURSE:

- Scan the **QR code**.
- Email **admin@fdamh.org.uk** to request a booking form.

