

List of available MEG menopause presentations:

Mindfulness and menopause

How to meditate

Yoga and menopause

Health and menopause

Bone health and menopause

Food and menopause

Food and brain health

Cultural variations in diet during menopause

Menopause across ethnicities

Holistic and complimentary therapies

Disease prevention during menopause

Menopause whilst overcoming cancer

Introduction to gut health

Ultra Processed Foods (UPFs) and menopause

Managing the psychological changes of menopause

Family and menopause

Guide for men

Preparing for perimenopause

Doctor's appointments during menopause

Self-medicating through menopause

Surgical and medical menopause

Introduction to diversity in menopause

LGBTQ+ Community and menopause

Menopause at work

Menopause at work – Help for line managers

Menopause at work – Changing workplace culture on menopause

Menopause at work – Menopause Champions at work

Menopause at work – Incorporating a Champion program into your business

Menopause at work – Psychology and menopause