

What is Men♀Well at Work?

It is a 6-week online, evidence-based physical activity, nutrition, and health programme promoting wellness for all women before, during, and after menopause. It is designed to help your company support, educate, and empower women, who can also share the learnings and resources with their mothers, daughters, sisters, partners, and all important women in their lives.



What does it include?

1. Menopause Policy Template
2. Menopause Toolkit
3. Women's Health and Menopause Education and Training
 - Health Masterclasses
 - Nutrition Resources
 - Exercise Classes
4. Follow-On Support
 - An additional 8 weeks free access to education, nutrition, and exercise through 'Men♀Well at Home' with private Q&A's with the EduFIT experts.

How would Men♀Well at Work be facilitated in your company?

Health Masterclasses

The 30-minute live, online, evidence-based health masterclasses will take place once a week for 6 weeks, at a time which suits your team (e.g. 'Lunch and Learn'), and additional time (up to 30 minutes) will be allocated at the end for a Q&A session with the expert. They focus on the main adaptations experienced by women throughout the menopause and the practical lifestyle behaviours to assist women have a healthier menopause.



Muscle Matters in Menopause

This masterclass focuses on how to maintain and strengthen your muscles for a strong and healthy body before, during, and after menopause.



Boosting Bone in Menopause

This masterclass specifically focuses on how to look after your bone health and how to maintain and build bone mass before, during, and after menopause.



Happy, Healthy Hearts in Menopause

This masterclass explains how to maintain a healthy heart and cardiovascular system prior to and during the menopausal transition and post-menopause.



Nutrition for a Healthy Menopause

This masterclass provides important and practical tips to support nutrition for a healthier lifestyle in all stages of adult life, including a specific focus on menopause.



Sleeping Soundly in Menopause

This masterclass focuses on how to improve your sleep hygiene for a healthy body and healthy mind prior to and throughout the menopausal transition.



S.E.L.F Care in Menopause

This masterclass discusses the importance of taking time to look after yourself in all stages of life, but particularly before, during and after menopause.

On-Demand Library

Your company will have access to a private, bespoke, on-demand library of pre-recorded, menopause-specific exercise videos (15 minutes or 30 minutes), weekly challenges (1 to 3 minutes), and nutrition recipes to complement the health masterclasses.

What are the benefits of Men♀Well at Work for your company?

- ↑ Health and Wellbeing
- ↑ Awareness and Acceptance
- ↑ Inclusivity
- ↑ Employee Self-Confidence
- ↑ Employee Support
- ↓ Presenteeism
- ↓ Absenteeism
- ↑ Retention
- ↑ Education and Training
- ↑ Team Morale
- Happier, Healthier Workforce
- Positive Health Culture

Why did we create Men♀Well at Work?

"For 20 years, my team and I have been listening to and working with women in all stages of life in the lifestyle and health space. Throughout this time, women have continuously expressed a need for age- and ability-appropriate, evidence-based, simple and practical, time-efficient, accessible, menopause-specific physical activity, nutrition, and health education programmes. As the menopause is inevitable, women want to be educated, empowered and proactive in the early years leading into the menopause. We designed this programme specifically for this purpose and are delighted to launch it in the workplace. My team and I are so passionate about women's health and we would love the opportunity to work with you."



Dr Diane Cooper
 Founder and CEO of EduFIT
 Clinical Exercise Physiologist
 Health Researcher



Dr Kiera Ward
 Exercise Physiologist
 Sports Scientist
 Health Researcher

Ruth Kavanagh, ANutr. MSc.
 Registered Associate Nutritionist
 Health Researcher



Ruth Delaney
 Exercise Instructor
 Strength & Conditioning Specialist

Anne Kavanagh
 Exercise Instructor
 Strength & Conditioning Specialist
 Ultra-Endurance Athlete



Read more about
 your EduFIT team
 here:



Testimonial from Enva:



"We ran the 'MenoWell at Work' programme online with all our staff and the feedback was overwhelmingly positive. The programme was delivered by experts and covered several pillars such as 'Muscle Matters', 'Happy Healthy Hearts', 'Sleeping Soundly', 'Boosting Bone', 'Nutrition' and 'S.E.L.F Care'. This initiative broke the typical taboo of menopause in the workplace and was a proactive measure to assist our staff and other important women in their lives prepare for and going through the menopause with practical education, weekly online exercises and recipes. I would highly recommend the 'MenoWell at Work' programme to any company."

Erin Hooban, Group Human Resources Manager.

Men♀Well at Work Costings:

Pricing: €4,395

As this is an online programme, places are unlimited. Everyone in your company is welcome!

Following the 'MenoWell at Work' programme, your team members can access our 'MenoWell at Home' monthly online subscription service for FREE for 8 weeks. This includes access to an on-demand library of menopause-specific exercise classes, one evening of live online exercise classes per week, nutrition resources, and a Q&A facility with the EduFIT experts for continued support.

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