

## **MENOPAUSE! DO YOU KNOW HOW TO SUPPORT YOUR FEMALE COLLEAGUES?**

**Let us help you!**



### **What is Men♀Well at Work?**

It is a 6-week online, evidence-based specific exercise, nutrition, and health education 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 all the women in their lives. It is also designed to increase awareness and education for male colleagues who have a role in supporting women at work.

### **What does it include?**

1. Women's Health and Menopause-Specific Education and Training
  - Lunch and Learn: Live Online Health Education Masterclasses (1 per week for 6 weeks, recorded for viewing afterwards)
  - An On-Demand Library of Specific Exercise Classes and Nutrition Recipes
2. Free access to 'MenoWell at Home' for women who would like to train with us live online in the evenings for a total period of 10 weeks

### **How will Men♀Well at Work be facilitated?**

#### **Health Masterclasses**

These 30-minute health masterclasses are delivered by experts via an online platform of your choice and focus on different topics specific to women's health beyond 35 years of age, with a particular focus on perimenopause and post-menopause. Please see more details on page 2. Time will be allocated afterwards for Q&A with the expert. The maximum duration of these 'Lunch and Learn' sessions is 60 minutes. There is 1 per week for 6 weeks.

#### **On-Demand Library**

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

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



↓ Self-Reported Menopause Symptoms



↑ Awareness & Acceptance



↑ Inclusivity



↑ Employee Support & Self-Confidence



↓ Presenteeism & Absenteeism



↑ Retention



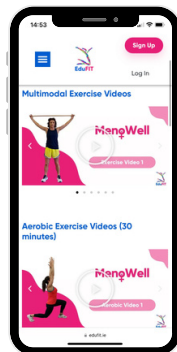
↑ Education & Training



↑ Team Morale



↑ Health & Wellbeing



## Health Masterclass Descriptions



### 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.



### Healthy Hearts in Menopause

This masterclass explains how to maintain a healthy heart and cardiovascular system prior to, during, and after the menopausal transition.



### Sleeping Soundly in Menopause

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



### Building Bones 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.



### 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.



### 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.

## Why did we create MenoWell 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, time-efficient, accessible, women's health and menopause-specific exercise, nutrition, and health education programmes. As the menopause is inevitable, women want to be educated, empowered, and proactive before their late thirties. We designed this programme specifically for this purpose and are delighted to launch it in the workplace, where we know so many women are struggling. My team and I are incredibly passionate about women's health and we look forward to working 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, MSc.**

Registered Associate  
Nutritionist (ANutr)  
Health Researcher



**Anne Kavanagh**

Exercise Instructor  
Strength &  
Conditioning Specialist  
Ultra-Endurance Athlete

## Testimonial

"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', 'Healthy Hearts', 'Sleeping Soundly', 'Building Bones', '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 to prepare for and go through the menopause with practical education, weekly online exercise and recipes. I would highly recommend the 'MenoWell at Work' programme to any company."

Erin Hooban, Group Human Resources Manager.

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## Pricing per company:

**€2,600 + VAT**

Unlimited places available

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