

MenoWell 2 Galway

A **FREE** 6-week online expert-led and evidence-based women-specific exercise and lifestyle medicine programme to help women thrive in midlife and beyond.

We asked, participants answered (responses from **3,617 women** who completed 'MenoWell') – **and together, we have created 'MenoWell 2'.**

Please note, women are welcome to sign-up to 'MenoWell 2' without having completed 'MenoWell'.

PROGRAMME CONTENT

- Pre- and post-testing.
- Choice of 4 * 40-minute live online strength, balance and mobility exercise classes per week.
 - **Mondays at 7pm, Tuesdays at 8pm, and Thursdays at 7pm and 8pm.**
- 1 * 30-minute live online health masterclass per week.
 - **Mondays at 1pm.**
- Customised exercise, nutrition, and health resources.
- An on-demand library of exercise videos and health masterclass recordings.

6 HEALTH MASTERCLASSES

1. Tiny Tweaks for Massive Health Benefits: Mastering Daily Habits.
2. Set Up For Success: Adapt Your Environment for Good Nutrition Habits.
3. Move to Improve: Exercise Strategies to Say Goodbye to Aches & Pains.
4. Gut Feelings: Food, Mood & Wellness for Women.
5. Clear & Calm: Mental & Emotional Wellness for Midlife Women.
6. The Art of Recovery: Reclaiming Strength, Balance & Wellbeing in Midlife and Beyond.



KEY INFORMATION

Live online exercise classes are not recorded for privacy reasons, but women will have access to an on-demand library of substitute exercise videos throughout and after the programme.

'MenoWell' content is available in the on-demand library for women who may not have taken part in that programme or for women who would like to revisit the content.

Lifetime access to the resources and on-demand library.

**STARTING
MONDAY 19TH JANUARY
2026 AT 1PM**



To sign up, please scan the QR code or visit:

www.edufit.ie/menowell-2-galway/



www.edufit.ie

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