



FDAMH
TRAINING ACADEMY

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 and is delivered on Wednesday evenings, 6.15pm - 8.15pm

- ◆ **Course 1:** 1st May - 22nd May 2024
- ◆ **Course 2:** 28th August - 18th September 2024
- ◆ **Course 3:** 30th October - 20th November 2024
- ◆ **Course 4:** 29th January - 19th February 2025
- ◆ **Course 5:** 26th February - 29th March 2025

VENUE

FDAMH
173
Victoria
Road
Falkirk
FK2 7AU

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 **lisa.alexander@fdamh.org.uk** to request a booking form.

