



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 delivered on the same day and time each week

Denny Library
5.45pm - 7.45pm

Course 1:
29th May -
19th June 2025

FDAMH
6.15pm - 8.15pm

Course 2:
27th August -
17th September 2025

Bo'ness Library
5.45pm - 7.45pm

Course 3:
15th September -
6th October 2025

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 **admin@fdamh.org.uk** to request a booking form.

