



# WELLBEING OF WOMEN



## Menopause Xplored

**Learn how to support your employees going through menopause**  
**Immersive film with expert advice and guidance**

Menopause Xplored brings innovative training using immersive film to SMEs (small and medium enterprises) in Milton Keynes, Bedford, Central Beds and Luton.

A programme from leading women's health charity, Wellbeing of Women, Menopause Xplored is part of our mission to improve the health and wellbeing of women.

### **Who can attend**

We welcome owners, managers and employees of small and medium organisations of up to 250 people, who are looking to support their workforce going through the menopause. Up to two free places per business are available.

**Join a FREE 1 hour session near you**



**REGISTER YOUR  
INTEREST**

### **Immersive VR film**

We will begin with an immersive film, viewed through a virtual reality headset. The film shows one woman's experience of menopause and the challenges she faced in the workplace.

### **Group discussion**

We will then discuss the film and share our insights. This is a chance to reflect, and to consider particular situations or issues in our own workplaces.

### **Advice and guidance**

Expert trainer Diane Danzebrink from Menopause Support will provide information and practical tips, to help you and your organisation offer the right kind of support.

### **Resources**

You will receive an information pack to take away with you on the day and access to further online resources.