

2024

MENOPAUSE Content 2024



WATCH NOW
VIDEO

60
MINS

Lifestyle Changes To Thrive During Menopause

with Dr Linia Patel



WATCH NOW
SHORT VIDEO

09
MINS

Menopause for Managers

with Kate Usher



READ NOW
EXPERT ARTICLE

27
MINS

Workplace Support Through the Menopause

by Kate Usher



WATCH NOW
VIDEO

61
MINS

Ask The Expert: Menopause

with Dr Zoe Schaedel



WATCH NOW
VIDEO

10
MINS

Real Life Stories: Menopause

with Sara Eker



WATCH NOW
VIDEO

39
MINS

Menopause: The Facts

with With Dr Zoe Schaedel



BOOK NOW
LIVE TALK

20
NOV

Peer Support Group: Menopause

lightly facilitated by the WLC team



READ NOW
BLOG POST

05
MINS

It's All About Timing

Jo's blog



Browse our full schedule at worklifecentral.com
and download our app here:

Apple
App Store



Google
Play

