

# SAMPLE MENOPAUSE WORKSHOP OUTLINE

Introductions

Menopause Defined: Medically and Socially

Signs of Perimenopause (What? Why? How to help):

- Menstrual Changes

- Hot Flashes/Night Sweats

- Mood Changes

- Sleep Changes

- Genitourinary Symptoms

- Lower Libido

- Body Shape Changes

- Digestive Problems

- Headaches

- Hair and Skin Changes

- Cognitive Changes

- Aches and Pains

Post-Menopausal Changes to Health Risks

- Cardiovascular Impacts

- Osteoporosis

Menopausal Hormone Therapy – A Brief Discussion

Healthy Living

Advantages of Menopause