



YOUR GUIDE TO #MYMENOPAUSE MONTH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					1 Read: <u>Menopause - what every woman needs to know</u>	2 Bake: <u>Our menopause cake to enjoy over a chat with a friend</u>
3 Share: <u>Our menopause FAQs podcast with three friends</u>	4 Download: <u>Our FREE menopause symptom tracker</u>	5 Read: <u>Is HRT safe? We explain what you need to know</u>	6 Read: <u>How to beat insomnia during menopause</u>	7 Brew: <u>Our sleepy tea recipe for a good night's sleep</u>	8 Invite: <u>A friend to follow @lizearlewellbeing on Instagram</u>	9 Read: <u>Hot flushes - when they happen and why.</u>
10 Read: <u>Our article, What you need to know about soya</u>	11 Listen: <u>Estrogen skincare podcast with Dr Rebecca Booth</u>	12 Watch: <u>Caring for skin during menopause with Liz on YouTube</u>	13 Listen: <u>Menopause and anxiety podcast with Dr Rebecca Lewis</u>	14 Practice: <u>Calming and soothing breathing techniques</u>	15 Share: <u>Our latest post on social media about vaginal dryness</u>	16 Invite: <u>A friend to subscribe to our YouTube channel</u>
17 Sign: <u>Diane Danzebrink's #MakeMenopause Matter petition</u>	18 Celebrate World Menopause Day on social media and tag @lizearlewellbeing!	19 Read: <u>Breast cancer and HRT - what you need to know</u>	20 Share: <u>Our latest post on social media about breast cancer</u>	21 Listen: <u>How to talk to your GP podcast with Dr Justine Setchell</u>	22 Read: <u>Our guide to menopause and hair loss</u>	23 Follow: <u>@themenocharity on Instagram for up-to-date info</u>
24 Move: <u>With our article about muscle-toning exercises</u>	25 Make: <u>A delicious chicken broth recipe for healthy bones</u>	26 Watch: <u>Estrogen and immunity YouTube vlog with Dr Louise Newson</u>	27 Read: <u>Our article about how menopause can impact libido</u>	28 Read: <u>What you need to know about testosterone</u>	29 Listen: <u>How to beat brain fog with Dr Sabina Brennan</u>	30 Read: <u>Menopause and the workplace, with Bupa</u>
31 Share: <u>Your menopause story and tag @lizearlewellbeing</u>						