



UNISON &
LIFELONG
LEARNING

Menopause Matters

Wednesday 25th September 2019 12.00 - 1.00 pm
Nottinghamshire County Council
In the Rufford Suite-Open to all staff !

Menopause Matters

Two thirds of local government staff are women and will go through the menopause whilst working. How can we ensure that women are supported through this life changing event?

What can we do to help? Join the workshop and learn:

- What is the menopause?
- What are the symptoms?
- What can we do in the workplace to make things better?

Come along and find out more about the menopause and how you can help yourself and/or colleagues.

Lunch is FREE and you can pick up a few goodies too.

This is also your chance to meet and speak to local Reps and for non-members to join.

