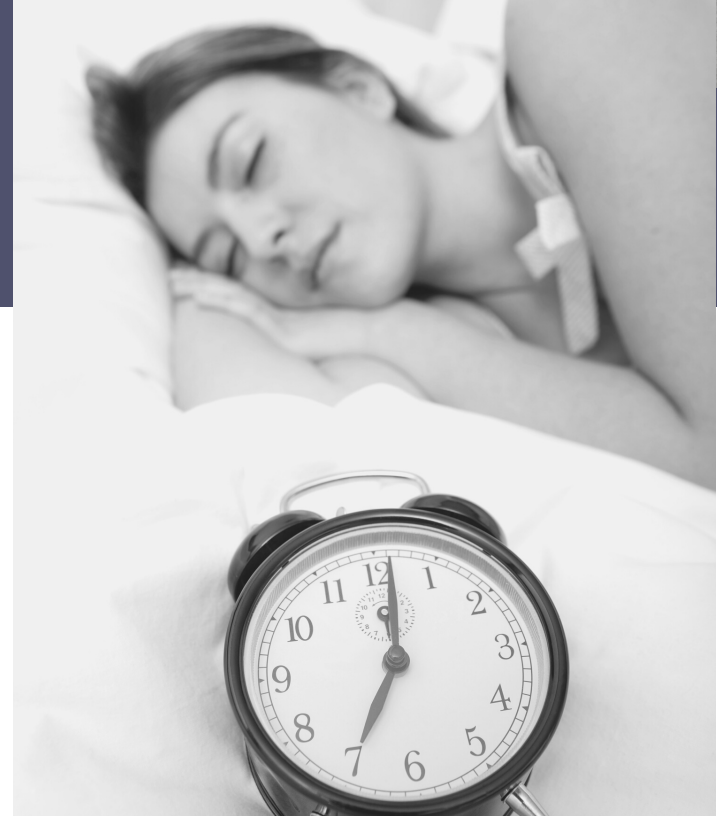




Experts in bespoke
wellbeing services
across the UK



MENOPAUSE



ESCAPE EVERYDAY PRESSURES WITH "A MOMENT IN TIME"



Welcome to Hälsa Wellbeing.

We deliver Health and Wellbeing Solutions to restore and protect the mind and body. We have categorised these services into 4 key areas: Feel Well, Think Well, Sleep Well, Eat Well.

Our 'less is more' approach is designed not to make Wellbeing a time consuming task but to provide individuals with more energy, to be more efficient and to get more from their professional and personal lives.

We focus on changing and controlling what you can rather than things you can't, allowing our clients to escape everyday pressures and have 'a moment in time'.

This Brochure details our Menopause Services. We also provide very bespoke solutions and can work with you to create your very own Programme from our **Pause and Balance** Programme.



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South Yorkshire
Integrated
Menopause Conference
'Forming the Conversation'

Monday 2nd March 2023





MENOPAUSE AND PERIMENOPAUSE SYMPTOMS CAN HAVE A BIG IMPACT ON YOUR LIFE, INCLUDING RELATIONSHIPS AND WORK.

MENOPAUSE

WHY DO WE NEED TO TALK ABOUT THE MENOPAUSE?

One of the subjects in the wellbeing field, which has until recently, been globally overlooked, is the topic of Menopause.

The compelling need for open discussion and support for women who are moving through menopause, inspired HALSA to put together, a programme to offer the provision required.

Our aim is to support our clients through Perimenopause, Menopause and Post Menopause in all areas of their wellbeing.

WHAT HAVE WE DONE RECENTLY?

- Designed and run both remote and on-site programmes for organisations
- Run Support Groups for clients for both Men and Women
- Being involved in a Programme for ladies from the South Asian communities
- Provided support to Conferences
- Devised a Menopause Wellbeing range





**GUIDING YOU THROUGH
THE MENOPAUSE, WHETHER
YOU ARE EXPERIENCING
THE PERIMENOPAUSE,
MENOPAUSE OR BEYOND -
WE ARE HERE FOR YOU.**

MENOPAUSE

REMOTE AND ON-SITE SERVICES

Restorative Yoga for the Menopause

How to care for YOU during the
Menopause

Self Care for the Menopause

Support Groups for men and women

Bone Health

Cognitive/Brain Fog issues

Coping with the Menopause after
Cancer

The Menopause at Work

Reflexology for the Menopause

The Menopause in simple terms

Managing Anxiety

Dizziness and balance issues

Joint pain and body aches

The impact on our relationships

Nutrition for symptom management

Managing sleep

A closer look at HRT and medical
solutions

Alternative approaches

Menopause and compassion

Keeping active

SOMETHING DIFFERENT

Wellbeing Menopause Kits

Our Menopause Kits are a great way to support your staff in a really different way.

These kits make a great addition to Conferences, Menopause Programmes or just as gift to help guide your staff through the Menopause Journey.





“

**THANK YOU SO MUCH,
REALLY INTERESTING AND
HELPFUL. NICE NOT TO
FEEL ALONE!**

”

MENOPAUSE

SOME FEEDBACK FROM OUR SESSIONS

- "Thank you all for sharing and the insightful information. I now know where all these symptoms are coming from!!"
- "Thank you for sharing your experiences - it helps that others have had similar problems."
- "Thank you, appreciate these sessions."
- "Thank you, it's the first time I've joined and it's been very informative. Wished I have known about the group in my early stages of menopause."
- "Thanks again ladies, love these meetings, so educational and supportive, looking forward to the next one."
- "Thanks everyone, you've touched on so many issues that have been nagging at me."
- "Listening to you all seems to be pushing me a little further to opening up so thank you."

WHAT IS NEXT FROM US?

- **More Client Programmes**
- **Further gifting items**
- **Subscription Service**

Helping ourselves & each other to:

- ✓ Raise awareness – share information
- ✓ Make people aware of where they can get information and help
- ✓ How to ask for help
- ✓ Be aware of others around you and whether they are struggling
- ✓ Practice Self-compassion – be kind to yourself
- ✓ Share experiences and what works for you can be helpful – peer support has proven to be so valuable to women