

**FEEL WELL
THINK WELL
SLEEP WELL
EAT WELL**

**PAUSE &
BALANCE**

**Guiding you
through the
Menopause**

The logo for Pause & Balance, featuring a small purple flower icon above the text "PAUSE & BALANCE" in a dark blue, sans-serif font.

**PAUSE &
BALANCE**



ESCAPE EVERYDAY
PRESSURES WITH
"A MOMENT IN TIME"



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halsawellbeing.com

Welcome to Hälsa
Wellbeing.

We are here to
guide YOU through
the Menopause.
Whether you are
experiencing the
Perimenopause,
Menopause or
beyond - we are
here for YOU.



PAUSE & BALANCE



Our remote sessions are all designed to make self-care easier.

The Pause and Balance programme is bitesized and you pick the sessions for your Programme.

CHOOSE FROM

MANAGING ANXIETY – LEARN TO USE BREATHWORK TO MANAGE ANXIETY LEVELS

WHAT TO DO ABOUT BRAIN FOG!

I'M DIZZY! MANAGING DIZZINESS AND BALANCE ISSUES DURING THE MENOPAUSE

HOW YOU FEEL ABOUT YOU – MANAGING THE PHYSICAL CHANGES OF MENOPAUSE

I ACHE! MANAGING JOINT PAIN AND BODY ACHES DURING THE MENOPAUSE

HOW YOU FEEL ABOUT YOU – MANAGING THE EMOTIONAL CHANGES OF MENOPAUSE

THE IMPACT ON OUR RELATIONSHIPS

COPING WITH THE MENOPAUSE AND CANCER



A CLOSER LOOK AT HRT & MEDICAL SOLUTIONS

MENOPAUSE AND COMPASSION – AT WORK

FINDING POSITIVITY DURING THE MENOPAUSE

SUPPORT SESSION FOR MEN/PARTNERS/FRIENDS – HOW TO SUPPORT YOUR WIFE/PARTNER/WORK COLLEAGUE/FRIEND DURING THE MENOPAUSE

PAUSE & BALANCE



This Programme is impactful, cost effective and supportive.

Supporting your staff, to navigate the Menopause.

CHOOSE FROM

SELF CARE AND RELAXATION

USING NUTRITION TO MANAGE MENOPAUSE SYMPTOMS

MANAGING SLEEP DURING MENOPAUSE

AN ALTERNATIVE APPROACH TO THE MENOPAUSE

KEEPING ACTIVE DURING THE MENOPAUSE

MENOPAUSE AND NEURODIVERSITY



MENOPAUSE AND TRANSGENDER/LGBTQIA+ COMMUNITIES

CULTURAL DIFFERENCES IN MENOPAUSE

BONE HEALTH - HOW TO KEEP STRONG AND REDUCE THE RISK OF OSTEOPOROSIS

PAUSE & BALANCE



Remote, Bite sized sessions means it is easier for staff to attend.

We can provide Resource Pages & a booking system.

Simple and effective support for your staff.

CHOOSE FROM

MENOPAUSE AND COMPASSION - FOR YOU

MENOPAUSE IN SOUTH ASIAN COMMUNITIES

REFLEXOLOGY TO BALANCE HORMONES & EMOTIONS

REFLEXOLOGY FOR MUSCULOSKELETAL ISSUES DURING MENOPAUSE

RESTORATIVE YOGA HOW TO STRENGTHEN THE BODY & IMPROVE PELVIC HEALTH DURING MENOPAUSE



THE MENOPAUSE IN SIMPLE TERMS - EXPLAINING THE MENOPAUSE TRANSITION

MENOPAUSE AND YOUR MONEY

THIS SESSION WILL LOOK AT HOW THE MENOPAUSE CAN IMPACT OUR FINANCES NOW AND INTO RETIREMENT AND WILL PROVIDE YOU WITH:

- INFORMATION ON THINGS TO CONSIDER
- WHERE TO GET SUPPORT AND USEFUL RESOURCES FROM
- HOW TO BECOME FINANCIALLY FITTER
- Q&A

THIS SESSION IS SUPPORTED BY TOOLS AND RESOURCES FROM MONEYHELPER.

THE MENOPAUSE AT WORK A GUIDE FOR MANAGERS/LEADERS