

Menopause Policy Launch Event

Monday 19th October
2.00pm - 4.30pm

Join our virtual session to launch our
Menopause Policy and hear more about the
effects and impact of menopause.

Menopause Policy Launch

Vivienne Toal, Director of
Human Resources & Organisational Development, SHSCT

Menopause: What is happening to me?

Stephanie Reid, Manager Wellbeing & Inclusion, BITCNI

Psychological Impact of the Menopause

Siobhan Kearney, At One Wellbeing, Stephanie Reid BITCNI

Join on Zoom:

<https://southerntrust-hscni.zoom.us/j/82460970514?pwd=OSttc-m1TUEFBdTAyS0hETXQwT0k1Zz09>

Meeting ID: 824 6097 0514
Passcode: 328 24224

Other events to follow

Check out [UMatter](#) or the new SHSCT Connect App under 'Wellbeing' for further details

Places allocated on a first come first served basis

