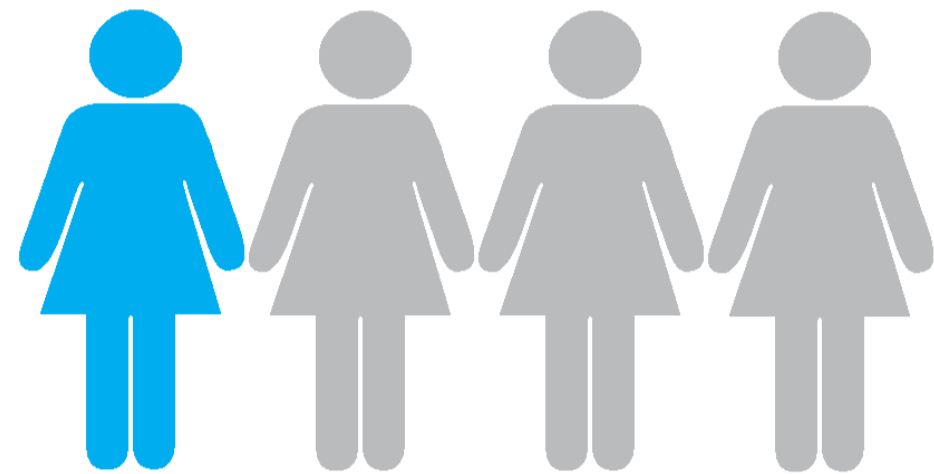
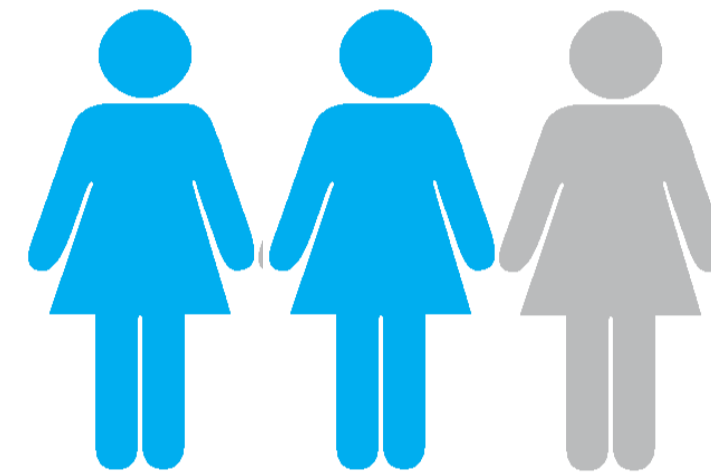


Women with lived experience supporting other women to self-care through the menopause through mentoring, coaching, support and access to learning

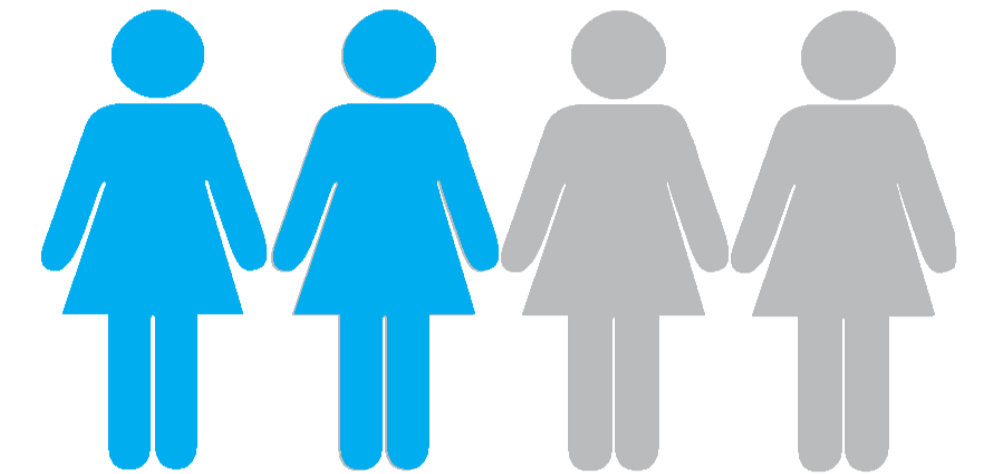
PROBLEM: Women in menopause are an underserved and undertreated population. They need help to age well.



1 in 4 women suffer debilitating menopause symptoms

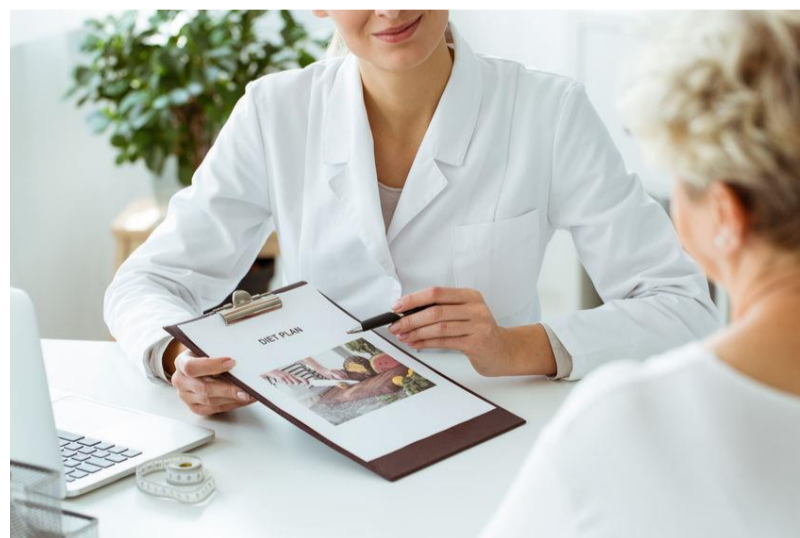


2/3 women offered antidepressants for menopause symptoms



50% of women over 50 will break a bone

13 million women in the UK are between peri and full menopause

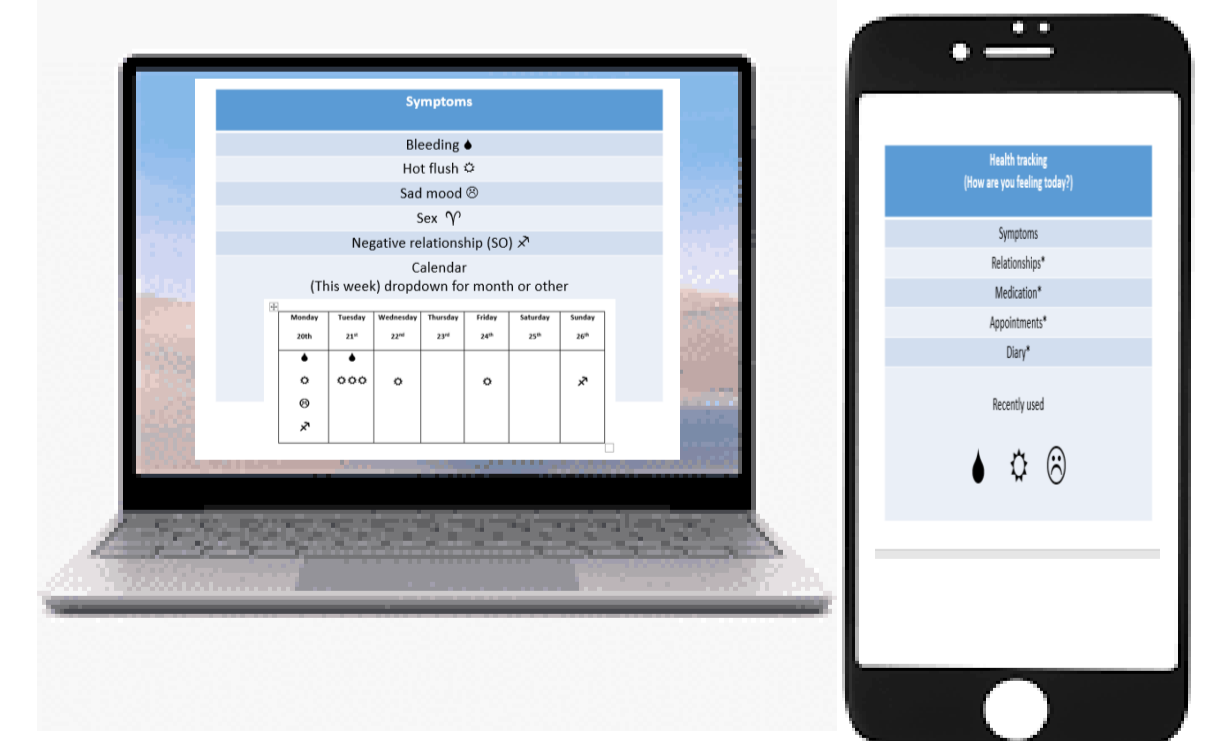


Menopause mentoring
Appointment with trained mentors with lived experience

SOLUTION:

‘A problem shared is a problem halved’

Welcome to the Menopause community
Support to self-care



Personalised health tracking and self-care advice