

# MENOPAUSE

at CTM



Menopause Training  
for Managers



Permission to Pause -  
menopause support  
course



Mindfulness for  
Menopause



Menopause  
Moments sessions



Information on  
SharePoint and our  
website

Supporting your menopause journey

Please get in touch if you want to book a session or  
to find out what's on offer through  
[Menopause@CTM.WellbeingService@wales.nhs.uk](mailto:Menopause@CTM.WellbeingService@wales.nhs.uk)