Free menopause webinar

Promoting health through lifestyle changes

Kia ora,

In anticipation of World Menopause Day 2025, we're offering a FREE educational webinar - encouraging women in menopause to enhance their wellbeing through lifestyle changes.

Continue below to learn more and register.

World Menopause Day 2025: Embracing lifestyle medicine for menopausal wellbeing

Menopause symptoms can be diverse and impactful, while a woman's risk of broader health issues also increases during this time. All of this can have a major effect on a woman's wellbeing.

According to the 2023 NZ Menodoctor Survey:

- 58% described their menopause symptoms as severe or very severe.
- 69% had symptoms of low mood
- 1 in 6 were considering leaving work because of their symptoms

However, research also shows that guided lifestyle changes can be highly beneficial, especially when combined with other treatments. This free webinar will explore the relationship between menopause and the lifestyle strategies that improve wellbeing.

This includes:

- Optimising nutrition
- Supporting sleep quality
- The role of exercise
- Stress management
- Plus: a customer case study, sharing her experience of the service

Barbara Olah - Vitae case study

Barbara Olah is a career firefighter/Station Officer with Fire and Emergency New Zealand, with over 20 years' frontline service. She first noticed symptoms of perimenopause after having her son 7 years ago, and in 2022 her symptoms began to intensify.

Date: Tuesday 16th September
Time: 12:00pm - 1:00pm

Important notice: We are aware that Microsoft has been having issues with some of their Teams links in the last two days, so if the link or registration page doesn't work for you, please refresh the page once or twice. If the issue persists, please contact us at workshops@vitae.co.nz

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business works better.
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