

LET'S TALK MENOPAUSE

Join the conversation
#MenopauseAtWork

DID YOU
KNOW?



SIX IN TEN

menopausal women say their symptoms have had a **negative impact on their work.**

...IT CAN CAUSE



MEMORY LOSS



DIFFICULTY SLEEPING



ANXIETY



HEADACHES



DEPRESSION

Small things can make a big difference,
find out how at cipd.co.uk/menopause