

What is Men♀Well at Work?

It is a 6-week online, evidence-based physical activity, nutrition, and health programme promoting wellness for all women before, during, and after menopause. It is designed to help your company support, educate, and empower women, who can also share the learnings and resources with their mothers, daughters, sisters, partners, and all important women in their lives. It is also designed to increase awareness and education for male colleagues who have a role in supporting women at work.

Start Date: Monday 11th September

How will Men♀Well at Work be facilitated?

Health Masterclasses

These take place on Monday's from 1-2pm. There are 6 in total starting on Monday 11th September. They are live, online, evidence-based and delivered in a very practical way with lots of take home resources. They focus on key adaptations experienced by women after 35 years of age with particular focus on the menopause and the practical lifestyle behaviours to assist women to have a healthier menopause. The first 30 minutes is delivered by the expert. The following 30 minutes is available for Q&A with the expert.



Muscle Matters in Menopause

This masterclass focuses on how to maintain and strengthen your muscles for a strong and healthy body before, during, and after menopause.



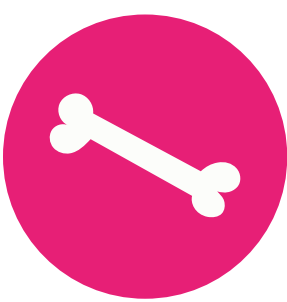
Happy, Healthy Hearts in Menopause

This masterclass explains how to maintain a healthy heart and cardiovascular system prior to and during the menopausal transition and post-menopause.



Sleeping Soundly in Menopause

This masterclass focuses on how to improve your sleep hygiene for a healthy body and healthy mind prior to and throughout the menopausal transition.



Boosting Bone in Menopause

This masterclass specifically focuses on how to look after your bone health and how to maintain and build bone mass before, during, and after menopause.



Nutrition for a Healthy Menopause

This masterclass provides important and practical tips to support nutrition for a healthier lifestyle in all stages of adult life, including a specific focus on menopause.



S.E.L.F. Care in Menopause

This masterclass discusses the importance of taking time to look after yourself in all stages of life, but particularly before, during and after menopause.

What does it include?

1. Women's Health and Menopause Education and Training
 - o Health Masterclasses
 - o Nutrition Recipes
 - o On-Demand Specific Exercise Classes
2. Free access to 'MenoWell at Home' for women who would like to train with us live online in the evenings
3. Private Q&A's with the EduFIT experts.



On-Demand Library

Your company will have access to a private, bespoke, on-demand library of pre-recorded, menopause-specific exercise videos (15 minutes or 30 minutes) and nutrition recipes to complement the health masterclasses.

What are the benefits of MenoWell at Work for your company?

-  ↑ Health and Wellbeing
-  ↑ Employee Support
-  ↑ Education and Training
-  ↑ Awareness and Acceptance
-  ↓ Presenteeism
-  ↑ Team Morale
-  ↑ Inclusivity
-  ↓ Absenteeism
-  Happier, Healthier Workforce
-  ↑ Employee Self-Confidence
-  ↑ Retention
-  Positive Health Culture

Why did we create MenoWell at Work?

"For 20 years, my team and I have been listening to and working with women in all stages of life in the lifestyle and health space. Throughout this time, women have continuously expressed a need for age- and ability-appropriate, evidence-based, simple and practical, time-efficient, accessible, menopause-specific physical activity, nutrition, and health education programmes. As the menopause is inevitable, women want to be educated, empowered and proactive in the early years leading into the menopause. We designed this programme specifically for this purpose and are delighted to launch it in the workplace. My team and I are so passionate about women's health and we look forward to working with you."



Dr Diane Cooper
Founder and CEO of EduFIT
Clinical Exercise Physiologist
Health Researcher



Dr Kiera Ward
Exercise Physiologist
Sports Scientist
Health Researcher

Ruth Kavanagh, ANutr. MSc.
Registered Associate Nutritionist
Health Researcher

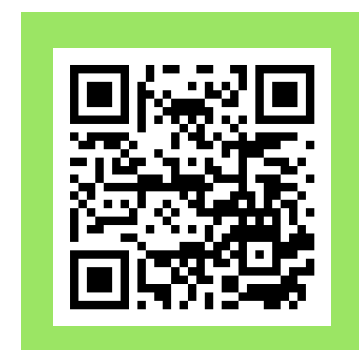


Read more about your EduFIT team here:



Ruth Delaney
Exercise Instructor
Strength & Conditioning Specialist

Anne Kavanagh
Exercise Instructor
Strength & Conditioning Specialist
Ultra-Endurance Athlete



Testimonial from Enva:



"We ran the 'MenoWell at Work' programme online with all our staff and the feedback was overwhelmingly positive. The programme was delivered by experts and covered several pillars such as 'Muscle Matters', 'Happy Healthy Hearts', 'Sleeping Soundly', 'Boosting Bone', 'Nutrition' and 'S.E.L.F. Care'. This initiative broke the typical taboo of menopause in the workplace and was a proactive measure to assist our staff and other important women in their lives prepare for and going through the menopause with practical education, weekly online exercises and recipes. I would highly recommend the 'MenoWell at Work' programme to any company."

Erin Hooban, Group Human Resources Manager.

How to Sign Up:

Please visit
www.carlowchamber.com
or e-mail admin@carlowchamber.com

Please Contact Us:

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087 238 8748
www.edufit.ie
[@edufitireland](https://www.instagram.com/edufitireland)

As this is an online programme, places are unlimited.
Everyone in your company is welcome!

