

Checklist

March Challenge

1

Blog

Take a read of the Blog , it's got the why and the what of the challenge

2

What is Menopause?

This short video guides you through those all important facts

3

Pre-thinking

This video will help you think through the answers to some potential questions

4

The talking

This audio file will help you structure how you are going talk about Menopause

5

Menopause Basics

You can use this as a reference through the discussion