

Menopause - How Do Women Experience

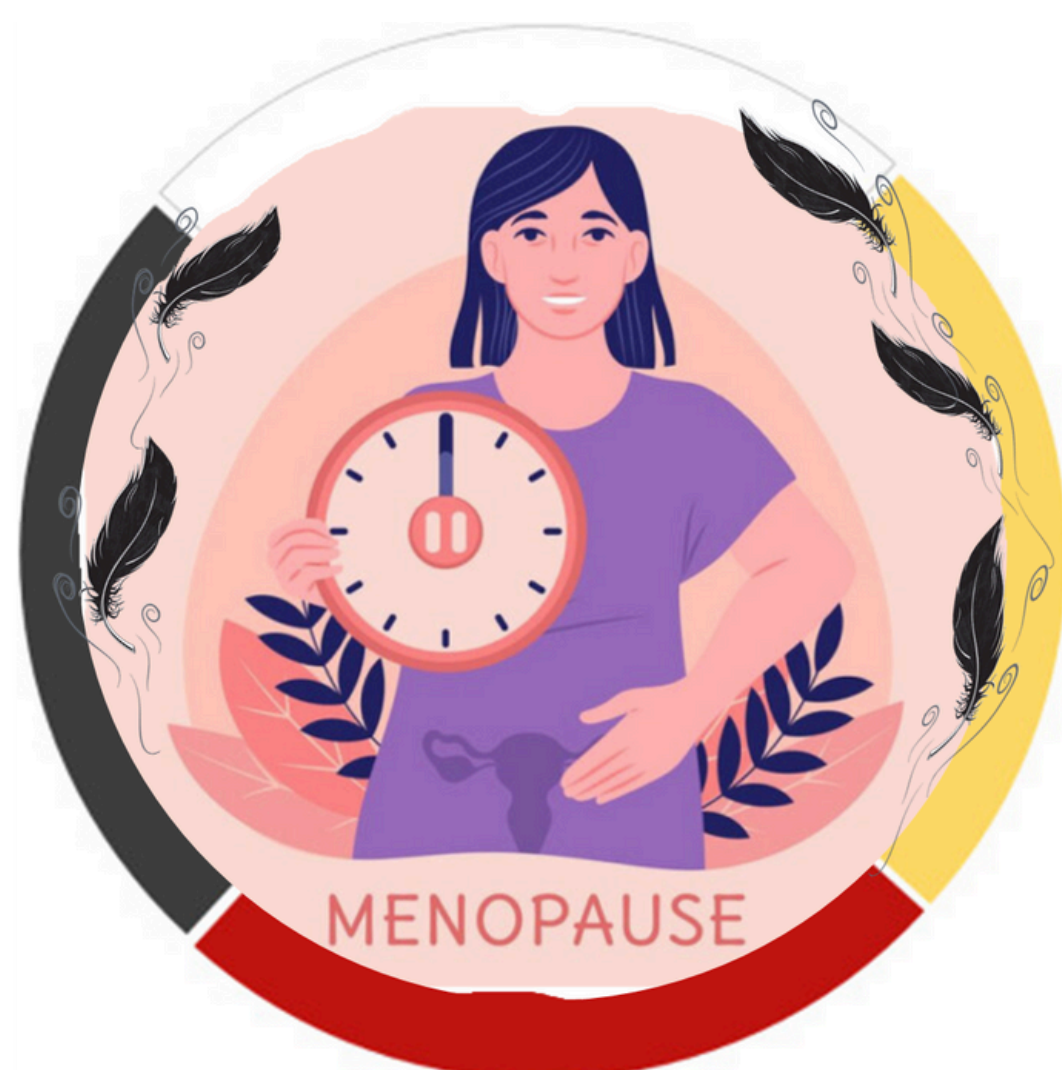
"The Change"

March 12, 2025

10:00-11:30am MDT

Menopause has been regarded as a taboo subject in Indigenous cultures for a long time. This session will cover the basics of menopause with a focus on symptom awareness. Symptoms not only affect the menopausal women but family members and friends. The session will raise awareness of menopause symptoms and how to support those that are going through the Change.

****Please note that this session may or may not be recorded/uploaded to our website.**



Learning Outcomes:

- Participants will learn about clinical features of menopause - The Change
- They will hear about menopause experience from women of Indigenous cultures and will explore the physical, mental, emotional and spiritual aspects of menopause
- Participants will learn about menopause symptoms and ways to manage and mitigate symptoms
- They will be more aware of menopause symptoms and will have a better understanding of the physical and mental changes women go through during this phase of their life

Speakers:

Dr. Beate Sydora, MSc, PhD, PCPH; Research Associate at the University of Alberta. Her research surrounds various aspects of Women's Health with a special interest in health and wellbeing of Indigenous communities



Target Audience: Everybody who is open to learn about the Change; Women going through the transition will find solace in realizing that they are not alone with their symptoms, young women will learn what to expect, and spouses, family members and friends will learn to be aware of and support those going through the Change.

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=21946>

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from an *audio line*:

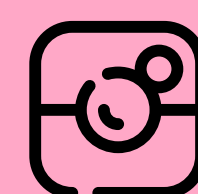
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