

Perimenopause/Menopause 6 Week Pilot Programme

Calling all women over 40!

- Are hot flushes controlling your life?
- Are you experiencing mood swings?
- Are you gaining weight and finding that no matter what you try you can't lose that belly fat?
- Do you have night sweats?
- Are your periods heavy and painful?
- Do you worry about your memory?
- Is brain fog getting you down?
- Is sleeping properly a distant memory??
- Have you been to see your GP to be told that it's normal at your age or that there is nothing wrong?
- Has your confidence plummeted and you don't recognise yourself anymore?

If one or more of the above sounds familiar, then it's time to get the support you need.

The University of Manchester, in association with Fiona Hutchison a Registered Nutritional Therapist who specialises in female hormone balance, is delighted to offer female employees with a unique opportunity to take part in a **free** 6-week menopause programme, designed to help women in this stage of their life, gain control of their symptoms, feel better and get their old self back. This is a pilot programme, and future places may become available at a later date.

This 6-week programme will involve a 1-hour online session per week starting on **Monday, 7 November**, where Fiona will deep dive into different topics such as stress, sleep, gut and liver health to help you understand why you may be experiencing symptoms and give you the support that you need during the 6 weeks. You will also be encouraged to join a private Facebook group where Fiona will be on-hand to offer support and keep you on track. **Only apply if you can commit to these 6 sessions.**

You will receive

A pack that contains:

- Supplements that have been clinically proven to reduce menopause symptoms
- Shopping lists
- Lifestyle Tips
- Meal Planner
- Recipes
- Handouts
- Workbook to track symptoms
- Online support via private Facebook group

At the end of the 6 weeks you will be able to see how much your symptoms have reduced. On average women report a 75-80% reduction in symptoms. Places are limited to 10 people, so get in touch to ensure you don't miss out. Please [read and sign this form](#) and forward to Fiona Hutchison.

All participants need to have a telephone conversation with Fiona Hutchison, prior to being accepted onto the programme to assess their suitability. This assessment will consider the client's medical history, their current state of health, whether or not they are pregnant or breastfeeding, what medications they may be taking and any existing supplement regime.