



**Finding the Magic in**

# Menopause

Menopause isn't just a women's issue—it's a workplace, relationship, and whole-life issue.

Join menopause educator and advocate Lisa Boate for a powerful session that will inform, validate, and transform how you think about the menopausal transition.



**Thursday, June 5, 2025**  
**4:30 p.m. - Registration and Light Dinner**  
**5:00 p.m. - Workshop**

**ETFO Thames Valley Teacher Local**  
**2911 Bateman Trail, London**

- Get tools to manage symptoms, advocate for your health, and reclaim your vitality.
- Understand the signs and stages of peri/menopause/post-menopause.
- Learn how hormone loss impacts your body and what you can do about it.
- Explore how menopause impacts identity, emotions and everyday life.
- Learn practical strategies for movement, nutrition, sleep and stress.
- Reconnect with your power, purpose and possibility in midlife.
- All genders are welcome to attend the workshop - support your partners, family, and colleagues with compassion and confidence.

**ADVANCE REGISTRATION IS REQUIRED.**  
**LIMITED SPACES AVAILABLE!**

**REGISTER ONLINE AT:**

**[WWW.ETFOTHAMESVALLEY.COM](http://WWW.ETFOTHAMESVALLEY.COM)**

**REGISTRATION DEADLINE IS MONDAY, MAY 26, 2025.**

