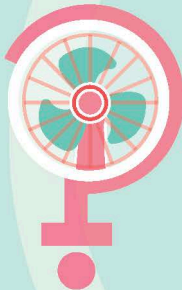


# MENOPAUSE ♀

EVERY WOMAN GOES THROUGH THE MENOPAUSE  
IT USUALLY OCCURS BETWEEN THE AGES OF 45 & 55

DO YOU HAVE ANY OF  
THESE SYMPTOMS?

HOT FLUSHES



HEADACHES



MOOD SWINGS



PALPITATIONS



TIREDNESS



PAINS IN JOINTS



YOU MAY ALSO EXPERIENCE:

Brain Fog • Night Sweats • Depression • Anxiety • Vaginal Dryness  
Low Libido • Insomnia • Feelings of not coping • Changes to Periods

If you struggle with any of the above you may be  
menopausal. Please be reassured your symptoms  
can be managed. Do discuss options with your doctor.

#KnowYourMenopause @Pausitivity2 [www.pausitivity.co.uk](http://www.pausitivity.co.uk)



**PAUSITIVITY**  
#KNOWYOURMENOPAUSE