

Cyprus and Lithuania are talking about menopause -and it's about time

What if the changes happening in your body had space to be spoken about openly and without judgment?



Across Europe, millions of women experience menopause while continuing their professional and personal lives—often without support or conversation. MenoPower, a European co-funded project, is working to change that.

This May, in Cyprus and Lithuania we invite you to the “MenoPower Conventions”, to open up the conversation around menopause through shared stories, reflection, and awareness.

The events will be facilitated by RESET, MITRA, and SIF and is open to anyone interested in learning, sharing, or simply listening.

MenoPower is a small-scale partnership project co-funded by the Erasmus+ Programme of the European Union. Partners: RESET (Cyprus), MITRA (Cyprus), SIF (Lithuania).

For more information: [\[contact details\]](#)

Whether you are experiencing menopause, supporting someone who is, or want to understand more, about an issue that affects half the population, this is a space to connect with others, but also, break the silence.

All events in both partner countries are free and open to the public.