

Launching MenoPower:

Redefining Menopause Support at Work

Breaking Barriers for Women in the Workforce

MenoPower is on a mission to address a critical gap in workplace inclusivity by supporting peri- and post-menopausal women. By focusing on education, training, and awareness, MenoPower promotes equity and well-being in the workplace.

Our project is aligned with three key priorities of the Erasmus+ Programme:

1. Inclusiveness and Accessibility in Adult Education
2. Inclusion and Diversity
3. Innovative Learning Spaces

Project Milestones:

The transnational meeting in Kaunas, Lithuania (October 2024) brought together partners to discuss the next steps for curriculum and resource development. Following this, alignment workshops held in both partner countries gathered valuable insights from women, HR professionals, and healthcare providers, shaping educational materials tailored to workplace needs.



Partners:



MITRA
CYPRUS MENOPAUSE CENTRE



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Transnational Meeting in Kaunas, Lithuania



MenoPower Alignment Workshops

Partners:

