

# We're supporting HIT THE PAUSE

## Lead the change!



This Menopause Awareness Month, our workplace is proud to stand with Menopause Alliance Australia to break the silence around menopause and create a lasting impact.

Around 75% of women experience perimenopause and menopause symptoms, with 1 in 4 facing moderate to severe symptoms that can significantly affect their work, relationships and quality of life. Too often these challenges are met with silence, stigma and a lack of support.

We don't want you to suffer in silence.

We're leading with compassion, inclusivity and social responsibility – creating healthier, more supportive communities for all, so that no one is left behind!

If you're struggling with perimenopause or menopause, go to [www.menopausealliance.au](http://www.menopausealliance.au) for information and resources.

You can also support Menopause Alliance Australia with a donation by scanning the QR code.



**MENOPAUSE<sup>®</sup>**  
**ALLIANCE AUSTRALIA**



Together, let's **Hit the Pause** and **Lead the Change**.

Visit  
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