

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 for information and resources.

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



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

Visit
menopausealliance.au
to learn more