

Resources for you on the Menopause Foundation of Canada website

In the prime of life, you deserve to feel healthy. Take charge of your menopause by relying on evidence-based information to understand what's happening to your body, why you may be feeling the way you do, and what preventative care, lifestyle choices and treatment options can make a difference.

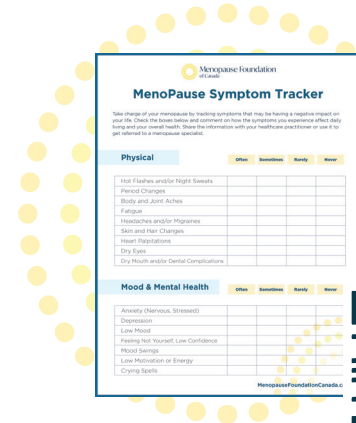
Menopause: What Every Woman Should Know



Before You Go to Your Healthcare Practitioner



MenoPause Symptom Tracker



Long Term Health Risks



Find a Doctor Specializing in Menopause



Menopause Inclusive Workplace



Supporting Your Partner Through Menopause



Reports



Help Us!

