

Menopause.

You are not alone.

There are 10 million women in Canada over the age of 40, making up more than one-quarter of our population. Yet our needs related to menopause have largely been ignored.

Basic information about symptoms, long-term health risks and facts about treatment options remain mysteries every woman must solve for herself.

The **Menopause Foundation of Canada** is working to change that.

Guided by a Medical Advisory Board that includes many of Canada's leading menopause specialists, we're breaking the silence and stigma of menopause. We're advocating for equity and inclusion in the workplace, and access to better care in perimenopause, menopause and beyond.



Join
Us!

Visit **MenopauseFoundationCanada.ca** to find helpful resources and join the mailing list for subscriber exclusives (it's free). Together, we can make a meaningful difference in the lives of women.

