



World Menopause Day



The Sopra Steria Women's Inclusive Network, in collaboration with the Defence's Women's Network would like to Invite you to celebrate World Menopause Day on the 18th October at 12:00- 13:30 pm.



World Menopause Day is held every year on the 18th October to raise awareness of the menopause in society and in business. This focus enables us to showcase the support options available for improving the health and wellbeing of women in our businesses at a time when they may be feeling lost, alone and having a tough time going through the menopause.

No two women's experience is the same, and being aware and able to recognise that a women may be affected by her symptoms is the first step to helping her managing them.

Join the Defence Women's Network and the Sopra Steria WIN at this joint event where menopause at work expert **Julie Dennis** will be joined by some special guests who will share their stories and lived experiences with us:



Julie Dennis
Menopause at work specialist



Adrian Fieldhouse
MD, Government Sector
Sopra Steria



Faye Wall
Employee Engagement and Wellbeing Manager
Sopra Steria



Charly McNelis
Ministry of Defence

The event will also provide an opportunity to **hear from both our businesses on how we are responding to menopause in the workplace**. We will also be providing an opportunity to ask questions and seek some support in a 'Red Button' extended half hour at the end of the main event.

