

MEGSMENOPAUSE CONFERENCE 2019

**MMM**

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# MM CONFERENCE 2019 TALKS

- MegsMenopause opening talk by Meg Mathews
- Mindfulness: What You Practice Grows Stronger
- Menopause in the Clinics
- HRT and Complementary therapies
- Sex Life During the Menopause Years
- Are You in a Risk Group?
- Sponsored Talk (TBC)
- Eat Your Greens to Fit In Your Jeans
- Sleep, Anxiety and Depression – can you cope?
- Motherhood During the Menopause
- Sponsored Talk (TBC)
- CBD Oil and the Menopause
- Menopause in the Teens, 20s and 30s
- Empowerment: Have You Become the Better Version of Yourself Yet?



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