

BINGO

7

18

50

Maybe It's a

MENOPAUSE

BINGO

CARD

World Menopause Day – 18 October

SMALL CONVERSATIONS MAKE A BIG DIFFERENCE.

Knows that there are over 30 menopause symptoms	Has experienced a hot flush	Has heard of perimenopause	Knows menopause can affect sleep	Has supported a colleague going through menopause
Knows a symptom that isn't just a hot flush	Knows where to find workplace support	Can name a lifestyle change that may help symptoms	Knows menopause can affect confidence	Has challenged a menopause myth
Knows menopause affects everyone differently	Knows brain fog is a recognised symptom	FREE SPACE Start a conversation today!	Has learnt something new about menopause this year	Knows someone who has experienced menopause
Has attended a menopause session or talk	Knows that symptoms can start before age 45	Can explain the difference between menopause and perimenopause	Has spoken about menopause at work	Knows men can be allies too
Knows what HRT stands for	Understands menopause can affect mental health	Can name a symptom that affects sleep	Has read an article or listened to a podcast about menopause	Learnt something today

Conversations create change.

Same team. Stronger together.