



Women's Health Webinar



Women's Health Webinar

Join us

On **Tuesday 7 October, 11am - 12pm**, join our **Women's Health Webinar** in support of [World Menopause Day 2025](#). We'll explore this year's theme of Lifestyle Medicine - a powerful approach to improving health through everyday habits.

This session, hosted by **Kelly Shaw** with a panel headed up by **Dr Suba M** will cover a range of topics relevant to women at all stages of life, including:

- gynaecological health
- perimenopause and menopause
- general wellbeing and preventative care
- how to be a supportive ally.

Whether you're looking to better understand your own health or support others, this webinar will offer practical insights and advice in both your personal and working life.

Secure your spot



Kelly Shaw

Senior B2B Marketing Manager



Dr Suba M

Medical & Sustainability Director

What else is on?

Men's Health Webinar - Friday 14 November, 11am - 12pm

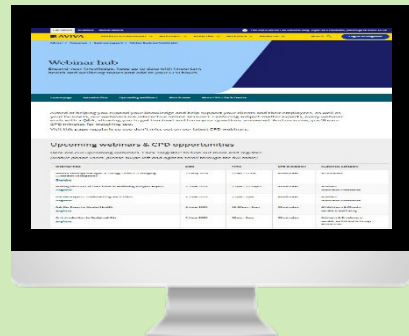
Join our panel as we explore key aspects of men's health, both physical and mental, from personal to a workplace perspective.

Secure your spot

Don't miss out

Can't join us live? You can listen back to earlier sessions and check out what's coming up on our [Webinar Hub](#).

Save the link to your favourites and share with your [clients](#) and [colleagues](#).



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