

WORLD MENOPAUSE AWARENESS

DAY



To mark **World Menopause Awareness Day 2023** on the 18th October, CSEAS are delighted to announce a series of events to celebrate the progress made in raising awareness and establishing supports for those going through this transition.



The menopause has been cloaked in silence and secrecy for many years and we know that a lack of openness and awareness can discourage people from getting the right supports.

The Civil Service Menopause and the Workplace Policy Framework and accompanying Menopause in the Workplace Guidance Document will be launched by Minister Donohoe, Minister Donnelly and Minister of State, Hildegard Naughton on October 18th.

To accompany this auspicious event the CSEAS and our colleagues in OneLearning are hosting a series of webinars:

Perimenopause and menopause

- what should I know?

Dr. Caoimhe Hartley

Wednesday 18th October: 11am – 12pm

[more](#)



Menopause and Nutrition

Ruth Kavanagh

Wednesday 25th October: 11am – 12pm

[more](#)



The **CSEAS Menopause Café** was established up to build awareness, share up to date information, and discuss menopause in a friendly non judgmental environment.