

MENOPAUSE IN YOUR 40S?

Empower Yourself and Others with
Knowledge and Preparation

Join us to gain insights and strategies for navigating the transformative journey of menopause. Learn how to understand and manage its effects while fostering supportive communities for women.

Talk Overview

- Understand the phases and symptoms of menopause.
- Discover proactive measures to prepare for and minimize discomfort during this transition.
- Explore effective communication and planning strategies for maintaining work/life balance.
- Get introduced to HerLifeLab's solution for holistic menopausal support.

Coffee and biscuits provided!

Feel free to bring your own lunch for our learn-over-lunch session. Connect, network, and enjoy some refreshments with us.



Speaker:
Dr. Olga Elisseeva



Visiting Researcher, OIST /
Founder/CEO, HerLifeLab



MAR 6th
12PM-1PM
@Lab5 Atrium

Happy Women's Day

OIST | **Innovation**