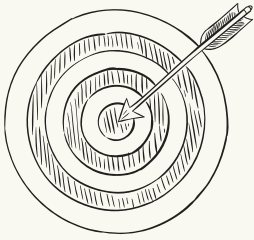


The goal of our interactive workshop is to provide the following information and services:



- What happens in perimenopause.
- Practical demonstration of how to move our bodies to best serve us.
- Guidance and support to navigate the perimenopausal period and years beyond in good health and quality of life.

PROGRAM OVERVIEW

1. Could it be Perimenopause?
2. The Physiology of Change
3. Maximizing Your Body's Potential
4. Navigating Perimenopausal Symptoms
5. Sleep and Stress Mastery
6. Habits and Beliefs
7. What is Next?

AN EDUCATIONAL
AND MOVEMENT WORKSHOP
TO SUPPORT THE HEALTH OF
WOMEN AGED 35+

PERIMENOPAUSE AS A WINDOW OF OPPORTUNITY



PharmDr. LEILA ZAJAC
Founder of the "All About
Menopause" project
www.vsetkoomenopauze.sk
info@vsetkoomenopauze.sk

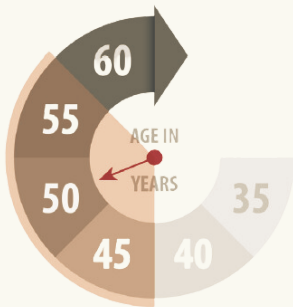


Mgr. ANDREA SPIŠIAKOVÁ
Founder of the "Anywhere
Workouts" concept
www.anywhereworkouts.sk
andrea@anywhereworkouts.sk

DIRECTLY AT YOUR COMPANY

DURATION
3,5 HOURS. + 15 MIN 

“What an amazing feeling to be seen and heard.”



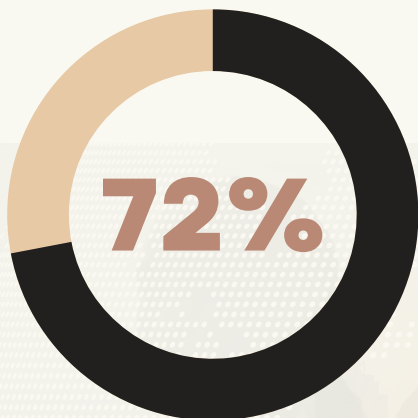
The average age of perimenopause is between 45 and 55 years (although it can start much earlier)

If there is an open, inclusive corporate culture where feelings of fear and shame are not present, the quality of life and overall job satisfaction increase.



of women are negatively impacted in their professional lives by perimenopause*

8 out of 10 women experience perimenopausal symptoms to a greater or lesser extent



of women in perimenopause have concerns about this period

1.8 billion USD

estimated annual loss in USA based on workdays missed due to menopause symptoms in women aged 45-60.

*Survey on women's awareness of menopause, conducted with the assistance of the 2muse agency in Aug-2022, on a sample of 1,007 women in Slovakia; survey owner: Leila Zajac.

**Faubion S., Enders F. et al: Impact of Menopause Symptoms on Women in the Workplace, 2023, Mayo Clinic Proceedings, 98(6), p: 833-845, DOI:<https://doi.org/10.1016/j.jmayocp.2023.02.025>.