



**MAKING
MENOPAUSE
WORK**

Menopause and perimenopause are different for everyone.

Hot flushes. **Joint aches and pains.** Headaches and
migraines. Heavy or irregular periods. Forgetful
moments and brain fog. **Mood changes.** Difficulty
sleeping, tiredness or fatigue.

Get support at work.

Making Menopause Work:
A Guide for Workplaces.

women.govt.nz/menopause



For support at our workplace, you can contact: