Empower

Menopause and Cancer

Survivorship Programme

Empower Menopause and Cancer Survivorship Programme is an in-person and online group programme for people impacted by menopause, as a result of cancer treatment. Participants watch pre-recorded modules by expert contributors who address the physical, emotional and psychological symptoms they have experienced. This is followed by an interactive peer support element where participants come together to share their experiences, feelings and knowledge, with the confidence that everything said is confidential. Each session is approximately 2 ½ hours and is free of charge.

Session Zero	Session One	Session Two	Session Three
Programme Outline and Commitment explained	Menopause and Cancer: What to expect and Symptom Management	Managing Fatigue and Sleep Disturbance	Mood, Brain-Fog, Stress and Anxiety Management

Session Four	Session Five	Session Six	Session Seven
Lifestyle Supports Nutrition and Exercise	Losses arising from Menopause	Intimacy and Sexuality	Integration Session Summary and Shared Learnings

Empower Cancer and Menopause programme will be delivered nationally both online and in person.

For further information please contact your local Community Cancer Support Centre

Help and support you can get if you have cancer

info@cancercontrol.ie

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National Cancer Control Programme