

Empower

Menopause and Cancer

Eight Week 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

**Programme
Outline and
Commitment
explained**

Session One

**Menopause
and Cancer:
What to expect
and Symptom
Management**

Session Two

**Managing Fatigue
and Sleep
Disturbance**

Session Three

**Mood, Brain-Fog,
Stress and Anxiety
Management**

Session Four

**Lifestyle Supports
Nutrition and
Exercise**

Session Five

**Losses arising
from Menopause**

Session Six

**Intimacy and
Sexuality**

Session Seven

**Integration
Session Summary
and Shared
Learnings**

When is Empower on next:

Where is Empower taking place:

Book your place by contacting:

