

# The Next Chapter

Change is inevitable, how we handle it isn't.



At Coleg Cambria we pride ourselves on being kind and supportive to our learners and staff. This includes creating an environment where talking, listening and sharing experiences is what we do to support each other through work and life events.

The menopause impacts us all whether it's you personally or your partner, wife, mother or colleague who is experiencing symptoms. Many of these are common to us all, not just those going through the menopause. For example sleep issues, heart disease and mental health. To support those affected by the menopause click on the links below to learn more:



## [HENPICKED GUIDE](#)

Support and advice to start conversations with your manager or GP. This is also a handy read for managers.



## [LOCKDOWN, MENOPAUSE & HEALTH EATING](#)

Menopause and health eating - what to eat and what to avoid. 30 min webinar.



## [MENOPAUSE & MENTAL HEALTH](#)

What you need to know about menopause and mental health. 30 min webinar from Dr Shahzadi Harper, The Menopause Doctor.



## [MENOPAUSE - A POSITIVE EXPERIENCE](#)

Taking time for yourself is important - enjoy the moment.



**PODCAST** - Michelle Obama: smart, witty and engaging menopause chat with her GP



## [ACTIVE CAMBRIA](#)

Regular exercise can help you maintain a healthy weight, relieve stress and improve your quality of life. Follow our Active Cambria Happoe Channel for fitness class timetable and information

The Next Chapter provides you with tips and tools for a happy and healthy lifestyle. As well as encouraging open conversations about menopause, the symptoms and the next chapter of our lives.