



MANsplaining MENOPAUSE

MASTERCLASS FOR HUSBANDS AND PARTNERS

60% of divorces occur during the menopause years (AARP).

38% of men say menopause-related insomnia affects intimacy (WebMD).

Don't become a statistic - arm yourself with knowledge. Reignite connection through better understanding to support your partner (and yourself!).

SUPPORT YOUR PARTNER THROUGH MENOPAUSE CHALLENGES

Many relationships struggle during this transition. You can make it through together stronger than before with the right education and support.

At the Menopause Education Center, we empower partners with the tools to provide compassionate care amidst the changes ahead. You may not be able to prevent hot flashes, but you can get through this trying time while preserving and strengthening your relationship.

MENOPAUSE SYMPTOMS AFFECT MORE THAN JUST THE BEDROOM

With a list of symptoms like irritability, anxiety, depression, disturbed sleep, brain fog, and rage, your partner's going to need help with more than just the laundry (although that's a good place to start!). You may be concerned about changes in your sex life. We've got the answers to keep your relationship strong, intimate, and fulfilling.

WHAT YOU'LL GET

- Expert guidance on managing her symptoms
- Skills for communicating with empathy
- Tips to improve intimacy in your partnership
- And more...

"My husband told me he thought I was losing my mind. I signed him up for Mansplaining Menopause from the Menopause Education Center. I think it saved our marriage." ~ Lisa H.

FIND OUT MORE AT:

[MENOPAUSECLASSES.COM](https://menopauseclasses.com) / 888.724.1241



IN THIS MASTERCLASS YOU'LL LEARN:

- How menopause affects her mind and body
- How to navigate emotional changes together
- Why sex can be challenging, and what you can do about it
- How to create a judgment-free space to connect
- And so much more...