

MENOPAUSE WELLNESS PROGRAMS IN THE MODERN WORKPLACE



Menopause-related productivity losses and health expenses cost the U.S. economy \$26.6 billion annually, highlighting both a major economic issue and the often-overlooked struggles of women at work (Mayo Clinic).

Women aged 45-54 make up 20% of the female workforce, with women of color disproportionately impacted. Menopause support is more crucial than ever (BLS).

MENOPAUSE SUPPORT IS CRUCIAL FOR HEALTHY, PRODUCTIVE WORKPLACE

- Without it, businesses face rising health costs and billions in lost productivity.
- Absenteeism and low morale increase, while high-performing employees leave the workforce.
- Failing to support menopausal employees deepens gender equity gaps and retention risk.
- When this life stage is ignored, a vital segment of the workforce feels overlooked which impacts engagement, loyalty, and long-term retention.

OUR STRATEGY FOR YOUR WORKPLACE

Menopause in the Modern Workplace is committed to creating inclusive, supportive environments for all. We recognize menopause affects not only women but also their partners, leaders, and colleagues.

Our customizable Menopause Wellness Programs address the diverse needs of today's workplace:

- Best Practices Training for Managers & HR Professionals
- Support for Women Working During The Change
- Menopause Education for Men and Partners
- Inclusive HR Policy Development
- Menopause-Friendly Certification as a Workplace Milestone

FIND OUT MORE AT:

MENOPAUSECLASSES.COM



DOCUMENT CENTER TOOLKIT

- **Policy Healthcheck Template:** Assess and enhance your current policies.
- **Collaborative Menopause Support Tools:** Aid employees during menopause.
- **Custom Policy Creation:** Develop tailored menopause-friendly policies.
- **Workplace Posters & Awareness Surveys:** Increase menopause awareness.
- **Comprehensive Training Materials:** Includes pre-course prep, presentation slides, trainer notes, participant workbooks, and evaluation forms.