

WOMEN'S HEALTH

We're using this month to increase awareness about health issues important to women such as the menopause, cervical, ovarian or breast cancer, diabetes and mental health.

A smear test lasts **5 minutes.**

The impact of cervical cancer lasts **a lifetime.**



**ATTEND YOUR SMEAR TEST
REDUCE YOUR RISK**

90% OF WOMEN BETWEEN 45-60 ARE NOW EXPERIENCING THE PERIMENOPAUSE OR MENOPAUSE.

Do you have any of these symptoms?



HOT FLUSHES



HEADACHES



MOOD SWINGS



TIREDNESS



ANXIETY



SLEEP PROBLEMS



JOINT PAIN



PALPITATIONS

MASTER THE MENOPAUSE. BE AWARE OF THE SYMPTOMS AND DISCUSS THEM WITH YOUR DOCTOR.

If you feel like you need further support about your health and wellbeing then speak to your manager, HR or Occupational Health. Or you can contact GroceryAid confidentially on 08088 021122.

GroceryAid[®]

 **Helpline**

groceryaid.org.uk

08088 021122

