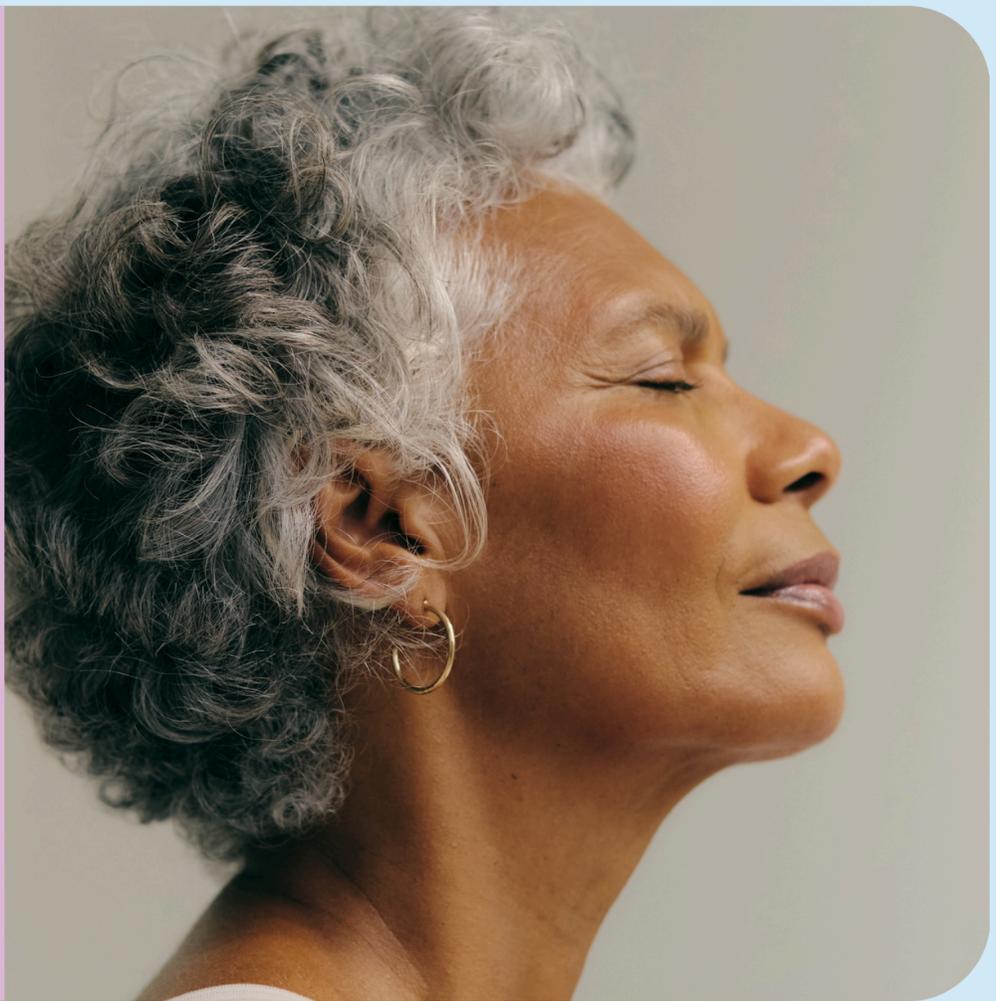


#menopausematters@ACC



Where can I get support if I'm going into menopause?

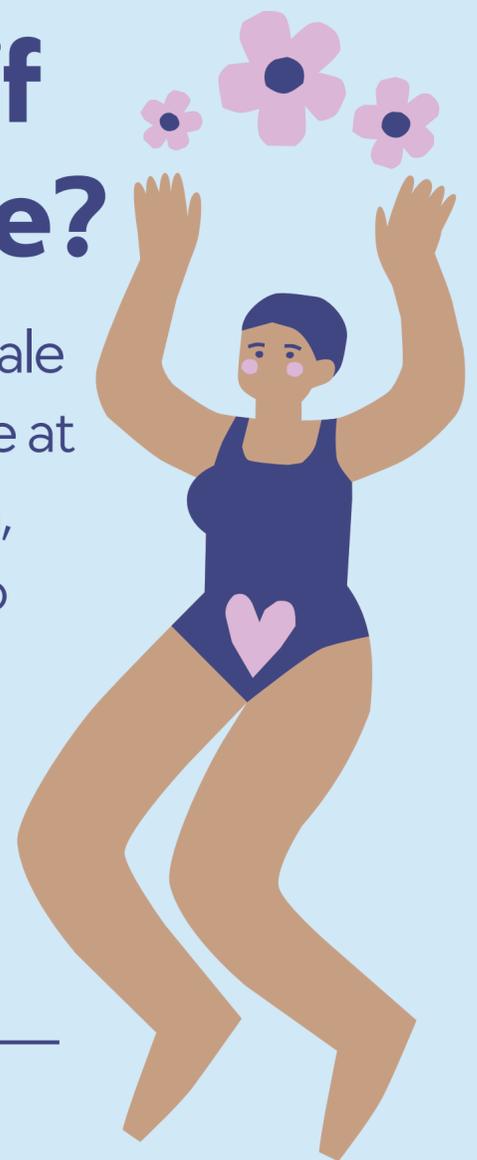
71% of employees at Aberdeen City Council's are female and it's therefore no surprise that we have menopause at the top of our agenda. There's a wealth of information, resources and training available to help support you to stay well in the workplace.

Symptoms can range from:

- **hot flashes**
- **loss of confidence and anxiety**
- **painful joints**



IT'S IMPORTANT TO CONTACT YOUR DOCTOR TO ASSESS YOUR SYMPTOMS.



For more information check our pages on the Intranet:
<https://bit.ly/4h74W1R>

Join the conversation on our peer to peer support network on viva engage:
<https://bit.ly/3YegU1b>