



Regular
Exercise



Healthy Diet



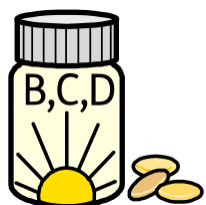
Manage
Stress



Sleep Routine



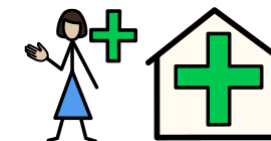
HRT



Vitamins



Menopause-things that
can help



Menopause
Clinic



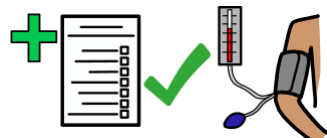
Quit Smoking



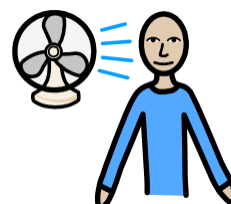
Support
Groups



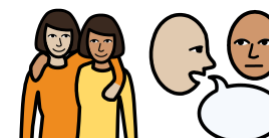
Drink less
alcohol



Health
Checks



Keeping Cool



Talk to Friends
and Family



Lubricants and
Moisturisers