

Menopause Awareness at Lukestone Care Home



On Monday 16 October here at Lukestone Care Home we launched Menopause Awareness Week.

Menopause Awareness aims to break the stigma and highlight the support available for improving health and wellbeing for those experiencing menopause. The theme for World Menopause Day 2023 is cardiovascular disease. The link between reproductive factors and cardiovascular disease is another important aspect of menopause that women need to be aware of.

Our staff teams were provided with an **information pack** in a pink envelope, together with a **face mask**, **pretty crochet heart** (a reminder for heart health), a **bottle of water** to help keep hydrated and a **heart-shaped lavender shortbread biscuit** – all to give a little pampering and love.

We had fun with relaxation exercises and chatted about looking after ourselves.