

The Menopause Podcast Series

The **Menopause Matters; Let's Talk Podcast** Series is hosted by Dr Heather Currie MBE, founder of *Menopause Matters* and Ruth Devlin founder of *Let's Talk Menopause*.

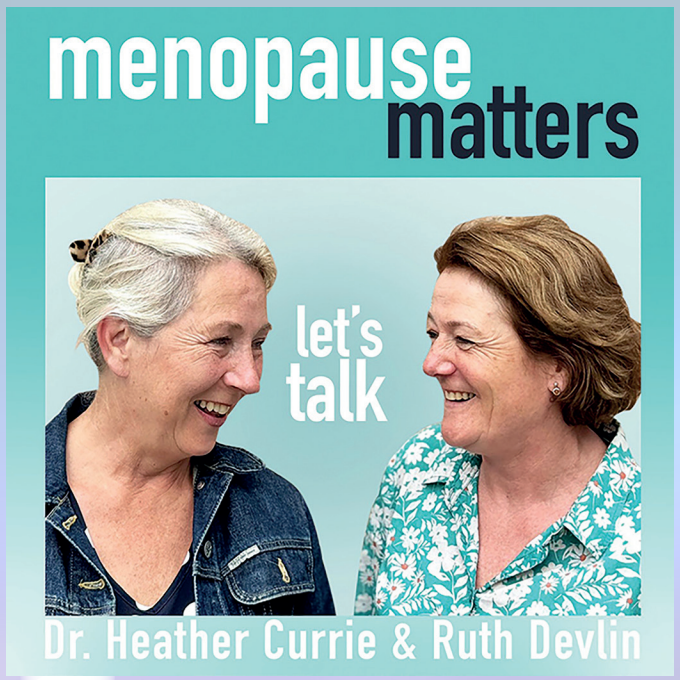
We hope these series will become your 'go to' for anything to do with the menopause and related topics.
Each episode is packed with useful information and resources to help you make those more informed decisions.

We provide information you can trust with no 'flim flam' or doom and gloom.

Scan our QR code to listen

More useful links & resources...

www.menopausematters.co.uk
www.letstalkmenopause.co.uk
www.womens-health-concern.org
www.nhsinform.scot/healthy-living/womens-health



The Menopause Podcast Series

The **Menopause Matters; Let's Talk Podcast** Series is hosted by Dr Heather Currie MBE, founder of *Menopause Matters* and Ruth Devlin founder of *Let's Talk Menopause*.

We hope these series will become your 'go to' for anything to do with the menopause and related topics.
Each episode is packed with useful information and resources to help you make those more informed decisions.

We provide information you can trust with no 'flim flam' or doom and gloom.

Scan our QR code to listen

More useful links & resources...

www.menopausematters.co.uk

www.letstalkmenopause.co.uk

www.womens-health-concern.org

www.nhsinform.scot/healthy-living/womens-health