

Menopause Festival programme v 1.9

Friday April 26th:

Menopause at Work: intended audience are HR professionals, line managers, employment lawyers.

12 noon	<ul style="list-style-type: none"> • Registration • Menopause Marketplace with stalls • Buffet lunch
1pm – 5pm	<p>Festival opening by the Minister for Older People and Equalities, Christina McKelvie MSP</p> <p>Menopause at Work seminar</p> <ul style="list-style-type: none"> • Dr Andrea Davies, University of Leicester, author of the Government report on how menopause impacts on women’s economic participation • Kate Waytt, employment lawyer, partner at Lindsays • Collette Stevenson, South Lanarkshire Council on their menopause policy • Group discussions, sharing good practice • Panel discussion <p>Participants will be sent a sample menopause policy in advance</p>
	<p>Dinner available at Theatre Not included in your ticket</p>
7.30pm	<p>Aurore film Screened in partnership with Perth Film Society. Concession ticket price if you have the Friday Menopause Festival pass.</p>
9pm onwards	<p>Mingle in the Theatre bar</p>

Saturday April 27th

9am onwards	<ul style="list-style-type: none"> • Menopause Marketplace with stalls • Registration and workshop sign up
9.30am	<p>Keynote Speaker: Kelli Jaecks, author of “<i>Martinis & Menopause: strategies, science and sips that empower women to beat the Hormone Groan</i>” , speaking on the Fantastic Four: exercise, diet, sleep, HRT with Q&A.</p>
10.45	<p>Dr Laura Jarvis from Tayside Menopause Clinic speaking on medical aspects of the menopause</p>
12pm	<p>Buffet lunch</p>
1pm	<p>Parallel workshops</p> <ul style="list-style-type: none"> • Creative writing: a novel addition to the Menopause survival tool-kit • Art workshop

3pm – 4.15pm	<p>Parallel workshops</p> <ul style="list-style-type: none"> • Cognitive Behavioural Therapy (CBT) for menopause symptoms • Nutrition and Exercise with Samantha Valand, author of “<i>The Menopause Diaries: a practical guide to healthy eating and exercising in your menopausal years</i>”
4.15 pm- 5pm	Q & A with Dr Jarvis
	<p>Dinner available at Theatre Not included in your Pass</p>
7.30pm – 9pm	<p>Gusset Grippers Comedy from physiotherapist Elaine Miller Concession ticket price if you have the Saturday Menopause Festival pass.</p>
9pm onwards	Mingle in the Theatre bar