

Menopause Traffic Lights

WOMEN:

Red Group 1 Age 45 – 55

Red Group 2 Age 55 – 60

Amber Group 3 Age 36 – 44

Green Group 4 Age 61 – 65+

Green Group 5 Age 26 - 35

Green Group 6 Age 19 – 25

MEN:

Red Group 1 & 2 Age 45 – 55

Vital to incorporate these two groups into your Supply Chain of Info / Advice / Support / Counselling / Training

Invite to join conversation – Knowledge is power and will help avoid problems later on

Grp 4: Health Checks for Degenerative Diseases – Diabetes, heart, bones, etc.

Grps 5 & 6: General Health awareness to include hormonal health, PMS and depression

Vital to include in your Supply Chain of Info /Advice / Support / Counselling / Training - May have partners at home or colleagues at work suffering from symptoms.

