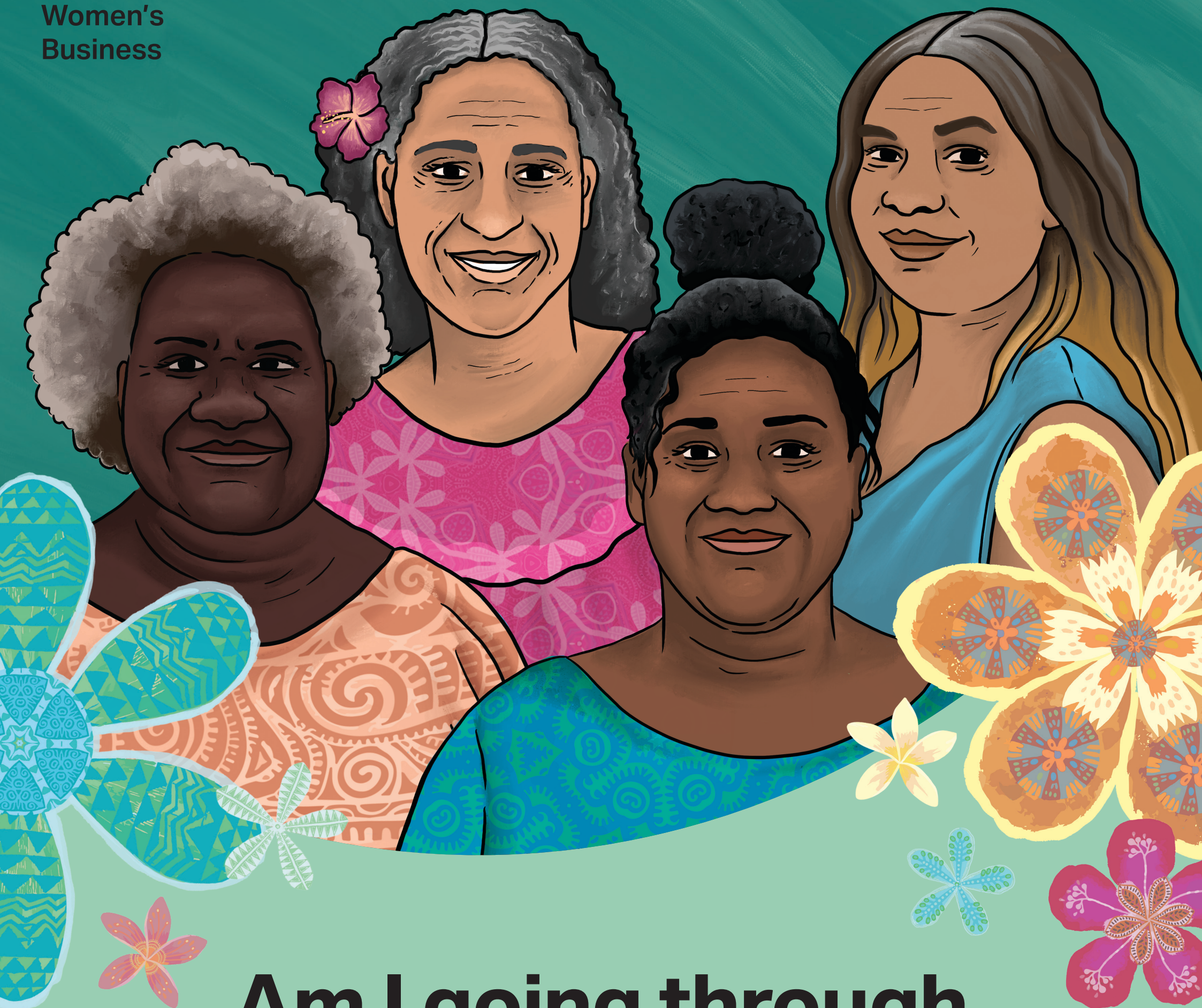




Am I going through the change of life?

Periods changing, hot flushes, forgetting things...

Don't go through menopause alone.

Talk to your doctor or health worker.



Find out more about menopause and perimenopause
at health.gov.au/perimenopause/first-nations



Australian Government