



THE SEVEN DWARVES OF MENOPAUSE



Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, & Psycho

but it doesn't need to be that way!



We invite you to our workshop:

“Listening to the Wisdom of the Body”

WHAT& WHEN Two 2-hour online workshops **Saturday 7th and 21st November 2026**

For WHOM Anyone interested in exploring practices that encourage us to listen to the wisdom of our bodies during menopause, those who work with women of menopausal age, and anyone else!

With WHOM? Joan Condon (Capacitar International) joan.condon@capacitar.org
& Nancy Adams (Capacitar Scotland) capacitarscotland@gmail.com

TIMES?

USA: Pacific:	0830-1030	Mountain:	0930-1130
Central:	1030-1230	Eastern:	1130-1330
EUROPE: UK/Ireland:	1630-1830	—	Germany/Sweden/Italy: 1730-1930
Israel/Palestine: 1830-2030			

WHERE? on **Zoom** - the link will be provided when registering your interest.

COST? A donation of \$20 / £15 for the 2 sessions, to help us expand the work of Capacitar International, would be received with gratitude (details for how to donate will be provided upon registration)

To register your interest or for more information, contact **Joan or Nancy** at the email addresses above.