



National Centre for
Integrative Medicine
Inspiring health and wellbeing

WELLBEING IN THE MENOPAUSE: EMBRACING THE CHANGE

6-WEEK MINDFULNESS BASED COURSE

This course will bring together Integrative Medicine and Mindfulness, to help you manage your health and wellbeing and make a creative transition through the Menopause.

What can you expect from the course?

Week 1: Coming back to the body

Understanding the physiology of the menopause, related problem symptoms and how mindfulness can support you.

Week 2: Developing stability and resilience

Soothing the nervous system and developing mindfulness practice to ground and stabilise yourself: Gentle movement for overall wellbeing.

Week 3: Caring for yourself

Sleep and self-care: Mindfulness practices to cultivate kindness and self-compassion.

Week 4: Making skilful choices

Letting go of unhelpful reactive patterns: Integrative approaches to increase your resilience.

Week 5: Nourishing yourself

Enjoying and savouring through the senses: Nutrition and healthy living during the Menopause.

Week 6: Moving forward

Ongoing maintenance and nourishment: Developing an action plan for challenging times: Future choices and follow-up activities.

ONE DAY RETREAT

The course will include an online retreat, giving you time for self-care and reflection and to deepen your mindfulness practice.



Course Tutors

Dr Elizabeth Thompson is a Holistic Doctor who specialises in women's health, the menopause and supporting the health and wellbeing of cancer patients. She has pioneered a new two-year Diploma in Integrative Medicine for healthcare professionals.

Chris Bowles has been teaching Mindfulness since 2008 and is an accredited Breathworks™ teacher who has also studied Mindfulness with Bangor and Exeter Universities. She has worked extensively in the NHS and privately with people suffering from pain, illness, stress, depression and anxiety, and has previously developed and delivered Menopause retreats.

You will be invited to a pre-course discussion with the course tutor to make sure the course is right for you.

Venue: Online (Zoom)

Cost: £160 for 6 sessions, plus online retreat.

£140 by signing up to become a Friend of NCIM (free, or make a donation to support low cost access to Integrative Medicine services)

Date: 12 November - 17 December 2020 (plus online retreat, date tbc)

Time: 6 - 8 p.m.

For enquiries and bookings please contact enquiries@ncim.org.uk, or call **0117 - 370 1875**. Further information is on our website www.ncim.org.uk.

The National Centre for Integrative Medicine (NCIM) is a Centre of Excellence that champions an Integrative Medicine Model, combining conventional, lifestyle and holistic approaches. We deliver healthcare services as well as training for healthcare professionals and are active in research and evaluation. The aim for our holistic healthcare service is to provide greater choice for health and wellbeing.

NCIM is a Community Interest Company (CIC),

