



Why this course?

Women going through menopause will stand on their head if they think it would help. They need the best advice and support to thrive. This course will make you the go-to health or fitness professional, delivering honest and evidence-based advice in your community.

How is the Menopause Movement course accessed?

The course is hosted on the secure Teachable platform. You do not need an account. On sign up, you will receive an invitation from Teachable to set a password, using the email that you signed up with. When you next log in to Teachable, the course will be there.

With this on-demand course you can learn at your leisure. There's no specific log-in time, eliminating the stress of joining online webinars or interruptions from technical hitches. As a modular course divided into short sections, you can access the information at any time: stop, rewind and relisten to specific areas of interest.

There are nine modules to complete. Each module is broken down into bite-size sections that can be paused and rewatched at a time that suits you. Each module needs to be completed in order before you will be able to move on.

How is the course assessed?

At the end of each module there is a multiple-choice assessment that will need to be completed.

Is the course certified?

At the end of the course, a Certificate of Attendance is automatically issued, evidencing 8 hours of learning.

What does the course cover?

Module	Delivered by:
1.Moving into menopause	Gynaecologist, Dr Karen Morton
2.The pelvic floor & more	Women's Health Physio, Christien Bird
3.Why Movement Matters	Women's Health Physio, Christien Bird
4.Redefining resistance training	Women's Health Physio, Christien Bird
5.The Menopause Mind	Psychologist, Maggie Chapman
6.Menopause & smart nutrition	Nutritional Therapist, Jackie Lynch
7.Weight management & behaviour	Dietician, Nigel Denby
8.Springboard your business	Digital Media Expert, Charlie Aphorpe

Who delivers the training?

Top menopause health professionals deliver the most up to date and evidence-backed information.

What are the exclusive network benefits?

On completion of the course, you will automatically become a member of our private **Menopause Movement® Network** of certified trainers and practitioners, hosted on the Circle platform.

This is collaborative community where you can cross-refer and network. Circle gives you exclusive members only free access to our growing archive of additional webinar recordings that take a deeper dive into specific areas of menopause.

What is the Menopause Movement Directory?

It is a publicly searchable national and international Directory of Menopause Movement accredited members, that is hosted on the Menopause Movement [website](#). On completion of the course, all members are invited to set up a profile to include their contact details and social media links.

Can members use the Menopause Movement logo on their website or social media?

On completion of the course, members are invited to download the Menopause Movement logo to use in promoting their services.

Is this course suitable for you?

If you work in the health or fitness sectors, treating, training or teaching women, yes! Or, if you are looking to extend your knowledge so you can treat and train women appropriately, this course is for you.

If you run gyms, clinics, community businesses, not-for-profit organisations or health businesses, we offer group discount packages.

We welcome all HCPs, fitness professionals, yoga, Pilates and wellbeing practitioners, and many more! If you want to check eligibility, email us hello@menopausemovement.co

How much is the course?

£325 payable [here](#). We can invoice employers.

Is discount available?

Where two, or more people sign up together, each person receives a £75 discount. Where someone recommends the course to someone who subsequently signs up, both people receive £75 (a discount for the new member and a payment for the referrer).

Email hello@menopausemovement.co to find out more!