

Healthy Aging and Well-Being For Women



Menopause Awareness Month

October is Menopause Awareness Month, and World Menopause Day is held annually on October 18.

It aims to break the taboo and improve women's health and well-being by raising awareness about the symptoms of menopause and the support options available.

To help support those experiencing symptoms to thrive at work.

90%

Women ages 35+ experience one or more menopause symptoms

1.8 billion

costs of worker productivity losses due to menopausal symptoms

13 billion

a year to treat menopause symptoms.

54%

Women agree that employers need to do more to support workers in menopause

Why is it important?

- Perimenopause and menopause symptoms impact your employees' well-being. It can impact their mental health, productivity, and quality of life.
- Perimenopause and menopause is a common health issue.
- Provide resources and information to help employees recognize their own symptoms and learn to better navigate the care benefits already available.
- Women in this phase are at an increased risk of developing heart disease, stroke, osteoporosis, and type 2 diabetes.
- Organizations should foster an inclusive culture that supports women's discussions of menopause and train staff to address the topic with understanding and sensitivity.

“Communities and countries and ultimately the world are only as strong as the health of their women.”

– Michelle Obama



Workshops and Webinars



In-Person

10/8 – Menopause and Weight Gain, 12:10–12:55 p.m.

1145 Market Street, 2nd Floor, [RSVP Required](#)

Webinars

10/2 – [Breast Cancer](#)

10/17 - [Healthy Aging for Women](#)

10/18 - [Menopause and Weight Gain](#)

10/22 - [Change Your Mind-set about Aging](#)

10/25 - [Sleep Your Way to Better Health](#)

10/28 - [Helping a Loved One Through Difficult Times](#)

10/30 - [Mental Health Impacts Of A Medical Diagnosis](#)

Well-Being Classes

NEW - Meditation and The Pause with Lane Kennedy

Wednesdays, 3:00-3:20 p.m.

October 2, 9, 16, 23, & 30



This immersive journey supports women transitioning through each stage of menopause. Whether you're feeling a bit "off" and wondering if perimenopause might be a factor or if you are fully in the midst of your menopausal transformation, join us to gain greater awareness and navigate this time in your life with more empowerment and ease.

Class 1 - Understanding Menopause with Compassion

Class 2 - Mindfulness Techniques for Managing Symptoms

Class 3 - Emotional Resilience during Menopause

Class 4 - Nurturing Self-Care and Well-Being

Class 5 - Embracing Change and Finding Empowerment

All genders are welcome.

Well-Being Classes



In-Person

[Yoga at City Hall](#) Wednesdays, 12:10-12:55 p.m.

[SF Main Library: Meditation](#) Wednesdays, noon-12:30 p.m.

Virtual

[Yoga](#) Tuesdays, 5:30-6:15 p.m.

[Boot Camp](#) Thursdays, 5:30-6:15 p.m.

[Mindfulness & Meditation](#) Tues & Thurs, 3:00-3:20 p.m.

[Midafternoon Meditation](#) Wednesdays, 2:00-2:20 p.m.

[SF Bodhi Meditation Center Sessions](#) Mon-Sun, 9:05-10:00 p.m.

For additional classes, visit sfhss.org/events.

Online Resources

Mental Health and Menopause - Navigating your well-being during this transition

- [BSC Menopause and Perimenopause](#)
- [BSC PPO - Midi](#)
- [John Muir Sleep Deprivation](#)
- [Healthy Eating During Menopause](#)
- [KP Menopause and Perimenopause](#)
- [KP Self-Care](#)
- [Infographic on Healthy Aging](#)
- [Stages of Menopause](#)
- [Staying Healthy After Menopause](#)
- [UCSF Menopause](#)



Employee Assistance Program

This stage in a woman's life can be challenging, and **WE'RE HERE** *For You*

SFHSS EAP Counselors are available Monday through Friday from 8 a.m. to 5 p.m. for FREE confidential Tele-Counseling & Consultation.

EAP Guidance Consultants are available 24/7 for confidential assessment and referral.

Your mental health is just as important as your physical health.
If you think you need help, call: **(628) 652-4600**

Visit EAP online at sfhss.org/eap





[Menopause](#) - Learn to thrive through this transition with resources that can help support your mental health and emotional well-being. Visit sfhss.crediblemind.com to view videos, podcasts, articles, and more!

The screenshot shows the CredibleMind website interface. At the top, there is a search bar with the text "menopause" and a search icon. Below the search bar, there are navigation links: Home, Topics, Assessments, Learning Lab (with a "New" badge), Insights, News, and SFHSS Resources. A "Sign in or Join" link is also present. The main content area is titled "Mental Health and Menopause" and "View All". It displays five search results:

- The Mental Health Impact of Menopause and Perimenopause**: Video, 3 mins.
- Menopause with Dr Mindy Pelz**: Podcast, 16 mins. Source: Braincare.
- How Menopause Affects the Brain**: Video, 13 mins. Source: The Brain Lady.
- Demystifying Menopause**: Podcast, 29 mins. Source: All In The Mind.
- How Menopause Impacts Anxiety, Depression and Panic...**: Video, 16 mins. Source: Menopause with Dr. Mary Claire Haver.

Below this section is another titled "Menopause Treatment Options" and "View All". It displays five search results:

- Hormones and Menopause**: Podcast, 13 mins. Source: Nutrition Facts with Dr. Greger.
- Menopause & Diet**: Podcast, 33 mins. Source: Good Food.
- The Truth About Hormone Therapy for Menopause**: Video, 9 mins. Source: The National.
- Debunking the Role of Hormones in Menopause Treatment**: Video, 8 mins.
- 5 Natural Remedies for Common Menopause Symptoms**: Video, 6 mins. Source: Cityline.

Using Your Benefits

SFHSS Members have access to free to low-cost well-being or lifestyle programs through their health plan.

Visit sfhss.org/using-your-benefits to learn more.

- ✓ [Fitness/Gym Discounts](#)
- ✓ [Weight Management](#)
- ✓ [Tobacco Cessation](#)
- ✓ [Healthy Eating/Nutrition](#)
- ✓ [Acupuncture and Chiropractic care](#)
- ✓ [Mental Health and Substance Abuse](#)
- ✓ [Diabetes Prevention Programs](#)
- ✓ [Nurse line, Urgent Care, Telemedicine, and online resources](#)



Healthy Aging and Well-Being for Women



10/2

Breast Cancer, 1:00pm

October is Breast Cancer Awareness Month. Please join John Muir Health for an informative session featuring Shellie Campos, Nurse Practitioner.

10/17

Healthy Aging for Women, 12:00pm

Explore how to promote healthy aging and discuss specific health concerns such as sleep and menopause. In this workshop, participants will:

- Identify health concerns specific to women.
- Learn about risk factors and steps to take to promote healthy aging.
- Create a plan for overall health and wellbeing throughout the lifespan.



Sleep Your Way to Better Health, 12:00pm

Reviews sleep cycle, sleep hygiene and practice relaxation skills. In this workshop, participants will:

- Learn about healthy sleep and the consequences of poor sleep.
- Review the sleep cycle.

10/30

Mental Health Impacts Of A Medical Diagnosis, 12:00pm

You or a loved one have recently been diagnosed with a serious medical condition. This training will discuss how you can expect this news to impact mental health, and strategies you can utilize to help process and adjust to changes in your lives.



10/8

Menopause and Weight Gain, 12:10pm

1145 Market Street, 2nd Floor

In this in-person workshop, you'll learn how hormone changes, your age, lifestyle, and genetic factors during menopause can affect body weight.

[Register for the in-person workshop.](#)

Can't make it in-person? A live virtual workshop on Menopause and Weight Gain is available on Friday, 10/18, 12:00-12:45pm.

[Register for the virtual workshop.](#)



Change Your Mind-set about Aging, 12:00pm

Aging is inevitable. How we think about aging can impact how well we age. Participants will learn the process of "reframing" to shift from negativity to embrace a positive mind-set regarding the aging process.

10/22



Helping a Loved One Through Difficult Times, 12:00pm

When someone close to you is going through a tough time, you may want more than ever to show your love and support. In this workshop we'll explore the difficulties that people in this position face, and discuss what you can do and, importantly, what you should not do in these situations.

10/28



Registration required. Please visit sfhss.org/events to register for the workshops. If you have any questions please email well-being@sfgov.org.

SAN FRANCISCO HEALTH SERVICE SYSTEM

Better Every Day.



SFHSS.ORG/WELL-BEING

Meditation and the Pause



Wednesdays, 3:00-3:20pm

October 2, 9, 16, 23, & 30

This immersive journey supports women transitioning through each stage of menopause. Whether you're feeling a bit "off" and wondering if perimenopause might be a factor or if you are fully in the midst of your menopausal transformation, join us to gain greater awareness and navigate this time in your life with more empowerment and ease.

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Join meditation instructor, Lane Kennedy, online at 3:00pm every Wednesday in October sfhss.org/event/meditation-pause



Check out CredibleMind resources including apps, videos, podcasts, articles, books, and more at sfhss.crediblemind.com.

Have you checked in lately with your mental health? Feeling blah and not sure where to get started?

Menopause is a natural part of aging for women, usually beginning between the ages of 45 and 55. In addition to affecting your body, menopause can also affect your mental health and overall wellbeing. It's important to recognize these changes and seek support.

Complete CredibleMind's [Mental Health Check-in](#) and you'll receive quick insights into how you're doing mentally and emotionally in the areas of flourishing, anxiety, and depression. Take the assessment today at sfhss.crediblemind.com/assessments.



Employee Assistance Program

WE'RE HERE For You
Call (628) 652-4600

We're here for you—to support you through life's challenges, connect you with helpful resources, help you build skills, and encourage self-care and emotional well-being. EAP services are free, confidential, and voluntary.

SFHSS Employee Assistance Counselors are available for confidential counseling and consultation Monday - Friday 8:00am to 5:00pm. Guidance Resource Consultants are available 24/7 for consultation and referral. Call (628) 652-4600.

Visit EAP online at sfhss.org/eap for more information and resources including your mental health benefits through your health plan.

SAN FRANCISCO HEALTH SERVICE SYSTEM

Better Every Day.

SFHSS.ORG/WELL-BEING

Download and share this flyer, sfhss.org/resource/healthy-aging-women-flyer

Next Steps



1. Promote Open Enrollment 9/30-10/25 - sfhss.org/oe2025
 - Send department email using the template
 - Set up table tents
 - Hang posters
2. Promote and share resources for Benefits Fairs and Flu Shot Clinics - sfhss.org/well-being/flu-prevention
3. Promote *Healthy Aging and Well-Being for Women* activities and resources
4. Schedule your check-in meeting with your coordinator for October
5. Request Open Enrollment presentations and/or Benefit Fairs and Flu Clinics by March of 2025
6. **Deadline to submit Kaiser Permanente activities and fruit orders by – November 1st**