

MENOPAUSE MATTERS SPECIAL RETREAT WEEKEND

Our programme will help you achieve the best out of life

The menopause affects women the world over and yet it is still a subject of uncertainty, confusion and concern. While the process of the menopause is normal and natural, still too many women continue to struggle to find reliable, evidenced-based information and informed support to help them through this natural and inevitable phase of their lives.

That is why the *Menopause Matters* concept was developed and why the *Menopause Matters* team continually strive to provide advice and speak to women and health professionals across the world and provide support through our magazine and our award-winning website.

Our aim is to help women and their loved ones to understand all that the menopause entails and in doing so, create opportunities to enhance women's lives.

In our endeavour to expand your understanding of menopause, we have developed another ground-breaking initiative. Our first-ever *Menopause Matters* weekend retreat is planned for March 26-28, 2010 at the luxurious Houstoun House, close to the beautiful, historic city of Edinburgh, running from Friday evening through to Sunday afternoon.

In this wonderful setting, we aim to offer information, support and companionship coupled with the relaxation and pampering we feel you deserve as you approach or experience the menopause. Houstoun House offers four-star accommodation, superb

food, spa facilities and the hospitality Scotland's capital city is famed for and all within easy reach of road, rail and air links.

Members of the *Menopause Matters* team will be on hand to share their years of experience in menopause matters as well as helping you to get the best out of life, to increase your knowledge and understanding of the menopause.

The weekend will be a mixture of workshops, group and individual activities, which will focus on all our experiences of menopause. During the weekend, there will be time to enjoy the spa facilities, some straight-forward pampering

and meet others experiencing similar symptoms, concerns and sharing the thirst for more and better information.

The results from our survey of *Menopause Matters* users showed that the most important factors in choosing a "Menopause Health and Wellness Break" were:

No1 - access to understandable information about the menopause;
No2 - the opportunity to rest and relax in inspirational surroundings
No3 - the ability to mix and talk with others experiencing similar life events and health issues

Our choice of venue and programme makeup aims to fulfill these objectives and ensure your time with us will inform and invigorate you, in order that you can continue to positively experience what we think can be and should be, one of the best times of your life.

Programme

Arrival Friday afternoon March 14 when you will be met by the *Menopause Matters* team and provided with a welcome pack. After settling in, the evening will begin with a welcome/introduction session followed by three-course dinner with time to get to know each other.

YOUR HOSTS

**Menopause Matters team:
Dr Heather Currie and Mr Matthew Currie.**

Dr Heather Currie, gynaecologist, founder and managing director of *Menopause Matters*. Heather runs a menopause clinic in Dumfries, is a member of the medical advisory council for the British Menopause Society, lectures nationally and internationally on the menopause and is author of *Menopause, Answers at Your Fingertips*.

Mr Matthew Currie has been pivotal in the development and success of *Menopause Matters*. Matthew has years of experience in developing people and their businesses and more recently he has been national facilitator for the Scottish Enterprise Rural Leadership programme.

Access to understandable information about the menopause

The opportunity to rest and relax in inspirational surroundings

Mix with others experiencing similar life events and health issues



Saturday breakfast will be followed by a morning of talks and interactive sessions to learn about menopause and treatment options, clarify uncertainties and to consider your roles in life and their current balance.

After lunch you will have some time to enjoy the leisure facilities, take a walk in the beautiful grounds, spoil yourself with spa treatments (must be booked beforehand with *Houstoun House*), or just relax with your new friends.

Saturday evening will start with a fun group activity and then a three-course dinner. After breakfast on Sunday morning, a wrap-up session with discussions before lunch will complete your menopause experience.

The price includes two nights dinner, bed and breakfast, lunch on Saturday and Sunday, coffee and tea breaks and all the talks and discussions. If you book before the end of January 2010 we can offer a

reduced price of £429, thereafter it will be £459.

We appreciate that you may have a husband or partner and we are happy to welcome them for an additional £139, which will include dinner, bed and breakfast for two nights.

To register for the first-ever *Menopause Matters* retreat weekend, please complete the form and send with payment to:

**Menopause Matters Ltd,
Skewbridge, Mouswald,
Dumfries, DG1 4LY.**

Limited places exist so please be sure to register early.

For more information, see details on www.menopausematters.co.uk or contact us by email on info@menopausematters.co.uk

To contact *Houstoun House* directly to book spa treatments at additional cost, or to extend your stay: telephone 0844 879 9043 or 01506 863 281 (for treatments). www.macdonaldhotels.co.uk

menopausematters.co.uk

RETREAT WEEKEND

Full name

Postal address

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email

Telephone

I would like to register for the retreat weekend at *Houstoun House* on March 26-28, 2010 @ £459pp

As I am registering before January 31, 2010, I am entitled to £30 discount and therefore I am registering @ £429pp

I wish to register an accompanying person @ £139pp

Total, enclosed as cheque payable to *Menopause Matters Ltd*: £

Special dietary requirements:

Any other special requirements:

Menopause Matters Ltd, Skewbridge, Mouswald, DG1 4LY