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 two workshops exploring ways to

"Listen to the Woman Wisdom of our 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.

Capacitar International is a non-profit organisation based in Santa Cruz County, CA, USA
capacitar.org