



## Women's health: Taking control of your wellbeing.

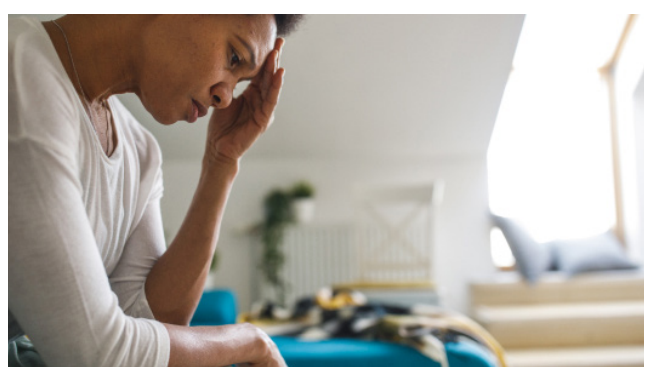
Women face specific health issues that can have a significant impact on wellbeing. Stay informed and move towards taking control by reading this month's articles.



### The importance of assertiveness in work-life balance

Striving for a healthy balance between the demands on you at home and work means setting clear boundaries.

[Read more](#)



### Understanding menopause

While menopause and perimenopause can be challenging stages of life for many women, there are steps you can take to help alleviate your symptoms.

[Read more](#)

### Exclusive for registered users.



### Bone health: Understanding and preventing osteoporosis.

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### Maintaining close friendships

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## Discover this month's webinar

Join us for an all-access webinar: **[Perimenopause and Menopause at Work on Thursday](#)**, 21 March at 1 pm AEDT.

The transition from perimenopause to menopause is still not a well-understood topic, particularly in the workplace. The experience of perimenopause and menopause can significantly impact a woman's physical health, mental health, and social experience and, at times, may indirectly impact others around them.

Given that women ages 44-55 years represent an increasing portion of the global workforce, meaningful consideration of the effects of perimenopause and menopause is something organisations stand to benefit from greatly. Our March webinar provides valuable information that will deepen the understanding of perimenopause to menopause, to begin destigmatising and having open conversations about this topic. **[Register now.](#)**

Visit the [General Enquiry form](#) of TELUS Health One for help navigating the mobile or web app, accessing online resources or for information on counselling services.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation's program may not include all services and features mentioned above. To learn more, please log in with your TELUS Health One account and review your workplace benefits or speak to your Human Resources contact.