



Women's health: Taking control of your wellbeing.

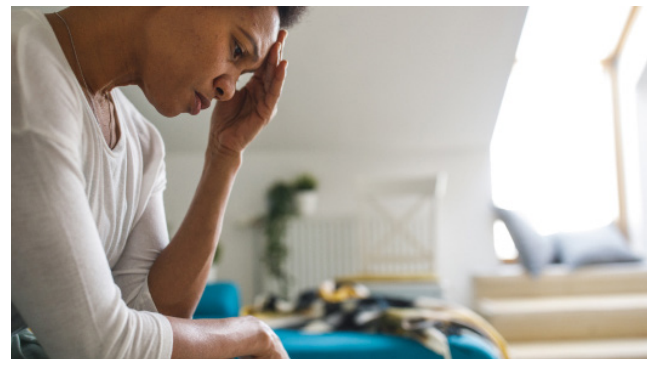
Women face specific health issues that can have a significant impact on wellbeing. Stay informed and move toward taking control by reading this month's articles.



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.

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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.

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Bone health: Understanding and preventing osteoporosis.

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Maintaining close friendships

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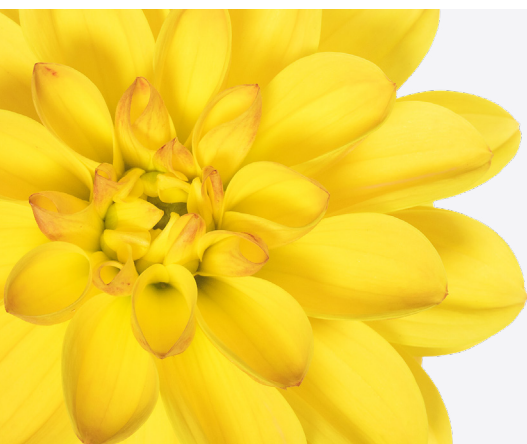
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More to explore this month.

Check out our [Wellbeing and Personal Development Videos](#) packed with information and advice to help guide you towards a healthier mind, body and lifestyle.

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

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