



## SUPPORT PEOPLE EXPERIENCING MENOPAUSE. BECOME A #MENOVI



### What is a #Menovist?

[men·o·vist | \me-no-vist\]

Plural Menovists

Definition of Menovist:

One who stands up for those going through the menopause : a person who openly encourages and engages in conversations around menopause and plays a part in stamping out the taboo.

(See also 'activist', 'menopause', 'perimenopause'.)

### WHO CAN BE A #MENOVI

Not bound by gender, age, sex or ethnicity, #Menovists openly discuss menopause, support people going through menopause and play their part, however big or small, in breaking the taboo.

If you're not scared to say the 'M' word, want to help bring menopause and perimenopause into the wider society, then you're a #Menovist. Wear your badge with pride.

1.

#### Follow us

Follow us on socials and join our campaign mailing list to keep up-to-date on what's happening.

2.

#### Get personal

How do you rock being a #Menovist? Share your stories.

Share your #PelvicFloorFace, and nominate a friend to share their #PelvicFloorFace too.

3.

#### Spread the word

Download our factsheets, social media tiles and posters to help start conversations about menopause at home, at school and in the workplace.

We'd love to see what being a #Menovist means to you. Tag us on socials or email us so we can shout about your #Menovist actions.

@RockMyMenopause #RockMyMenopause #Menovist #PelvicFloorFace