



# A YEAR OF HORMONAL HEALTH WITH OTBM

2025

JAN

## GOOD INTENTIONS

- Take the MIWSE assessment
- Blue Monday sessions to enhance mental health
- Healthy Habits Masterclass

FEB

## CULTURE BOOST

- Manager Training
- Digital Postcard Series
- Real Stories panel

MAR

## IWD/ENDO MONTH

- Menstrual Life Experience
- Imposter Syndrome webinar
- Neurodiversity@Work webinar
- Hormones + Sleep

APR

## INFERTILITY / PMDD MONTH

- PMDD@Work panel
- Personal journeys of Infertility

MAY

## MENTAL HEALTH / WOMEN'S HEALTH WEEK

- Mindfulness, Sound Bath, Resilience Training
- Sign up to OTBM's The Hub
- Women's health panel

JUN

## DIABETES AWARENESS WEEK

- Hormones & Diabetes webinar
- International Yoga Day - Nidra
- Show Rainbow Menopause film

JUL

## DISABILITY / FIBROIDS

- Lunch & Learn: Fibroids
- Period Pain Simulator Trials
- Hormone health panel: when is it a disability?

SEPT

## PCOS/INCLUSION WEEK & PROSTATE

- PCOS Masterclass & book giveaway competition
- Hormone Health XPO
- Prostate Cancer workshop + MenoVest trials

OCT

## WMD/BLACK HISTORY MONTH

- Menopause & Women of Colour
- The MenoVest Experience
- Menopause & Breast Cancer
- Laugh through Menopause: with our comedians & poets

NOV

## IMD / TRANS AWARENESS

- Andropause Masterclass
- Preserving Relationships
- Menopause & Trans