



# Resources

FREE

**Looking for clear, trustworthy information on menopause? We've curated a collection of free, evidence-informed resources to help you understand what's happening in your body and explore your options, so you can move forward feeling informed and in control.**

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## **Let's Talk Menopause**

Let's Talk Menopause is a national nonprofit organization invested in changing the conversation around menopause so women get the information they need and the healthcare they deserve. Their resources and webinars aim to educate the public about menopause so the topic is no longer taboo.

[www.letstalkmenopause.org](http://www.letstalkmenopause.org)

## **National Menopause Foundation**

NMF has created a community to be a place for women to gain knowledge, be inspired, connect with others, and ultimately, feel as prepared as possible for the changes that come with perimenopause, menopause and postmenopause.

<https://nationalmenopausefoundation.org>

## **The Menopause Society**

The Menopause Society is a trusted, evidence-based resource offering clear guidance on menopause symptoms, treatment options, and long-term health. It also provides educational materials and a directory of certified menopause specialists to help women find expert care and make informed decisions.

[www.menopause.org](http://www.menopause.org)