

# Menopause



AASHWASAN FOUNDATION  
PRESENTS A FREE  
AWARENESS PROGRAM:

9  
AUGUST

🕒 4 PM - 5 PM IST

📍 Online

## Addressing the impact of Menopause - the Aashwasan way!

Menopause isn't the end—it's  
an inner call to heal, realign,  
and reclaim your sense of self.  
**Let's pause and reflect.**



**REGISTER NOW**

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