



Corporate Social Investment in Women's Health

For more information on Women's Health Programmes
contact us at info@womanon.org



Overview

In conjunction with **Corporate Social Investment** initiatives, these programmes are tailored to specific interventions on women's health within **communities** with a focus on closing the women's health gap.

The programmes are dedicated to **educating**, **energising**, and **empowering** women to embrace self-care. We believe that women who care for their physical, mental, and emotional health take charge of their destinies. When they become stronger healthcare advocates for themselves, their families, and their communities, they can create positive change in the world.

Reproductive Years

30-35 Years

Perimenopause

~ 7 Years : 1 Year

Postmenopause

Approach

- Delivered through **workshops** and utilises **digital platforms** and **toolkits** spanning best care practices, diagnostics, and treatments.
- Provision women and girls with access to **critical products** and **services** empowering them with control of their health over a life course.
- Provide standardised, **evidence-based educational** content.
- Promote active engagement and **interactive learning** with diverse audiences.
- Connect individuals to **resources** to proactively manage their healthcare needs.
- Tailored to the **unique** needs of the participants.
- Conducted during **two to three-hour sessions** or over the course of multiple, shorter sessions.
- While the focus of the content is women's health, the training supports both **male** and **female** participants.
- Supports **break out** into smaller groups or customise the group for maximum conversation and learning.