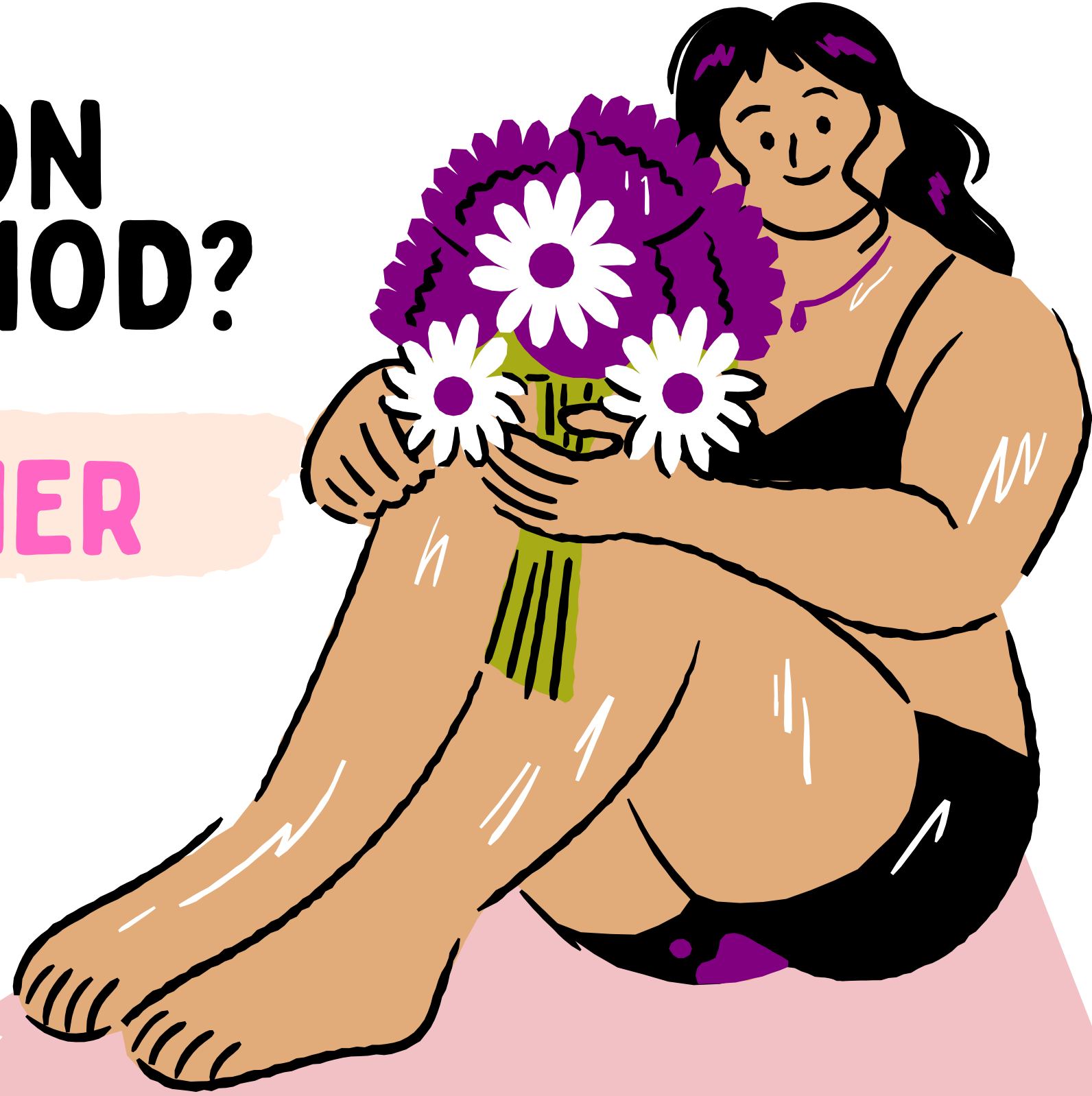


GOT A QUESTION ABOUT YOUR PERIOD?

WE HAVE THE ANSWER



WORKSHOP 1: PERIODS

What are Periods?

- The relevance of mental health in periods

PMS and PMDD

- What are these?
- How do they affect us?

Menstrual Cycle Irregularities: Beyond Physical Health

- Linking stress to the menstrual cycle
- PCOS (Body image, eating disorders and mood disorders)
- Endometriosis

Monthly Subscriptions to Overall Well-Being

- Tips and techniques

Mind temple

— Institute of Behavioral Sciences —