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PRESS RELEASE

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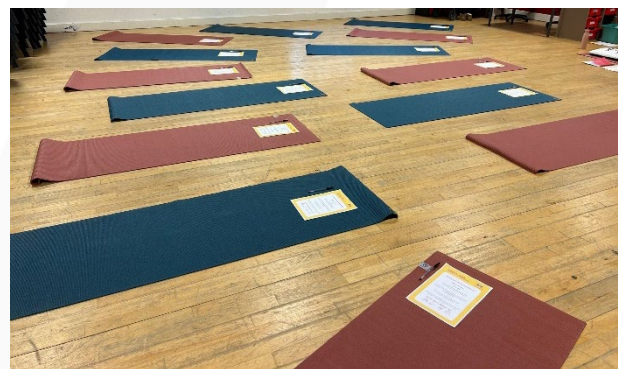
Secondary School Express Importance of Well-being in Menopause

The Wellington Academy hosted a Well-Being in Menopause workshop for staff with Jo from JoYogaLife. Using a combination of nutrition, exercise and mindfulness Jo explained how this can balance hormones to manage the symptoms associated with perimenopause and menopause.

Staff at The Wellington Academy and other trust schools came together to discuss the myths and facts around menopause with Jo to answer any questions. Each person received resources with their own nutrition tips, and exercises, with signposts to further support and guidance and much more.

Jo introduced staff to the world of 'Yoga Nidra', which can be beneficial to anyone struggling with sleep deprivation. Alongside the Yoga poses, staff left the workshop feeling confident in tackling their symptoms.

Rob Wood, Headteacher at The Wellington Academy commented "Jo was introduced to us through Jane Coley, CEO at Ascend Learning Trust. It is important for us that our staff are comfortable whilst at work, and moving forward we hope for the opportunity of offering more workshops."



This Academy is proud to be a part of the Ascend Learning Trust.