

# Empower: Menopause and Cancer Survivorship Programme

## My Personal Plan

Session	Notes	I plan to try the following:
<b>1. What to Expect and Symptom Management</b> <i>By Dr Deirdre Lundy</i>		One thing I will try:  Three things I will take away:
<b>2. Managing Fatigue and Sleep Disturbance</b> <i>By Prof Deirdre Connolly and Dr Teresa Treacy</i>		One thing I will try:  Three things I will take away:
<b>3. Mood, Brain-Fog, Anxiety &amp; Stress Management</b> <i>By Dr Sinead Lynch</i>		One thing I will try:  Three things I will take away:
<b>4. Lifestyle Supports: Nutrition and Exercise</b> <i>By Veronica McSharry and Dr Lisa Loughney</i>		One thing I will try:  Three things I will take away:
<b>5. Losses Arising from Menopause and Cancer</b> <i>By Dr Jessica Dailey</i>		One thing I will try:  Three things I will take away:
<b>6. Intimacy and Sexuality</b> <i>By Dr Yvonne O'Meara</i>		One thing I will try:  Three things I will take away:

What did I learn or try that was helpful?

