



THE COUNCIL OF  
**AMBULANCE  
AUTHORITIES**

# An Open Conversation About Menopause Webinar Resources

## Websites:

Issues Related to Menopause and Perimenopause: Parliament of Australia

Thriving Through Menopause: Dove

How Menopause Friendly is your Organisation?: Menopause Friendly Australia

Welcome to Ask Early Menopause: Ask Early Menopause

Keep Up TO Date: Menopause Friendly Australia

Join Our Newsletter: Menopause Friendly Australia

[www.healthyhormones.com.au](http://www.healthyhormones.com.au): Healthy Hormones

## Books:

The New Menopause by Dr Mary Claire Haver

The Menopause Brain by Lisa Mosconi

The Definitive Guide to the Perimenopause and Menopause by Louise Newson

Oestrogen Matters by Dr. Avrum Bluming and Carol Tavriss

Why We Sleep by Matthew Walker

Breath by James Nestor

## Podcasts:

The Dr Louise Newson Podcast

You Are Not Broken, Dr Kelly Casperson

Dear Menopause with Sonya Lovell

All About You with Dr Shauna Watts

Podcast Episodes with a Male Perspective

Huberman Lab with Dr Mary Claire Haver

The Imperfects with Louise Newson

Diary of a CEO With Dr Lisa Mosconi

Diary of a CEO with Mary Claire Haver

## Apps:

Balance MyFitnessPal (nutrient tracking for insight)

Yoga Nidri Lite (quick meditation)

## Instagram:

@lifeofpoi\_  
@drericashell  
@drmennobgyn  
@drmaryclaire  
@ginge\_unhinged  
@kellycaspersonmd  
@menopause\_doctor  
@balancemenopause  
@menopausematters  
@ashleygwinter  
@estrogen\_matters

## Facebook Group:

Menopause & Peri-Menopause Australia - Great practical advice about advocating for yourself

## Finding a Menopause Doctor:



List of Menopause Specialists/Greene Symptom Checker



The Menopause Toolkit for Doctors  
Women's Telehealth [www.wellfemme.com.au](http://www.wellfemme.com.au)