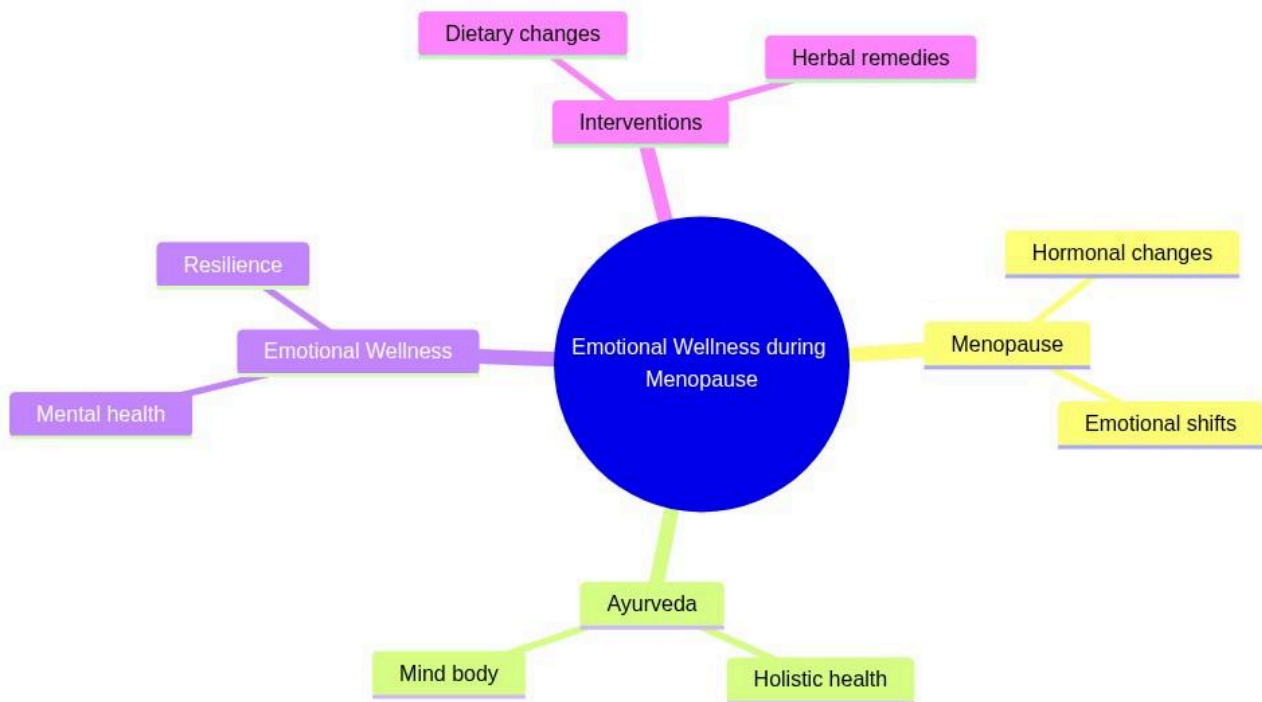


Graduate Certificate in Menopause and Ayurveda

Emotional Wellness during Menopause



mindmap

root((Emotional Wellness during Menopause))

Menopause

Hormonal changes

Emotional shifts

Ayurveda

Mind body

Holistic health

Emotional Wellness

Mental health

Resilience

Interventions

Dietary changes

Herbal remedies