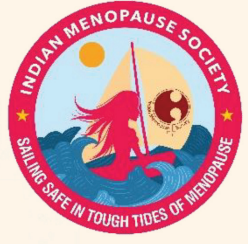




Indian
Menopause Society



WORLD MENOPAUSE DAY 2025

LIFESTYLE

MEDICINE



Let's Embrace Good **Lifestyle Medicine** —
Healthy Food, Regular Exercise, Sound Sleep
and Mindfulness — Empower Women to age
with Grace, Energy and Resilience .”

Team IMS 2025 - 26