

**Free yourself and embrace
positive sexual wellbeing**

Sexual wellbeing after menopause

Sexual health is a state of physical, emotional, mental and social wellbeing related to sexuality. After menopause it is not uncommon for women to experience sexual problems which can severely impair their relationships, mental health, social functioning and overall quality of life. The good news is that it is treatable.

For further information visit www.imsociety.org