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It's Menopause Awareness Month and we are thrilled to announce that we are partnering with @KateWalsh to dispel the myths, elevate the conversation and show women that we can all live a passionate, fulfilling and vibrant life during menopause. Read Kate's story and join her by sharing your own with #LiveHotStayCool! It's time to break the silence on menopause.

.....
#Regram

At 39, I started experiencing



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menopausal symptoms and saw my life change overnight without my permission. #Ad As someone who reached menopause much earlier than expected, I was surprised to find out that there is virtually no conversation in our culture about this normal life change. I want to help change that for women, which is why I'm excited to announce my partnership with @equelleofficial to launch their "Live Hot Stay Cool" campaign, which empowers women to be and feel their best through this transition. 🧘 Visit the link in my bio to check out other women's menopause experiences and to join me in starting



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#katewalsh #equelle #menopause



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