

Empower - Menopause and Cancer Survivorship Pathway

My Personal Action Plan

<p>Session 1 My Actions / Things to Try</p> <ul style="list-style-type: none">••••	<p>Session 2 My Actions / Things to Try</p> <ul style="list-style-type: none">••••
<p>Session 3 My Actions / Things to Try</p> <ul style="list-style-type: none">••••	<p>Session 4 My Actions / Things to Try</p> <ul style="list-style-type: none">••••
<p>Session 5 My Actions / Things to Try</p> <ul style="list-style-type: none">••••	<p>Session 6 My Actions / Things to Try</p> <ul style="list-style-type: none">••••
<p>Session 7 My Actions / Things to Try</p> <ul style="list-style-type: none">••••	<p>Session 8 My Actions / Things to Try</p> <ul style="list-style-type: none">••••
<p>Break-Out Session (optional) My Actions / Things to Try</p> <ul style="list-style-type: none">••••	<p>Break-Out Session (optional) My Actions / Things to Try</p> <ul style="list-style-type: none">••••

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