

## Monthly engagement toolkit is live | March 2026 Women's health

Hello,

This month, explore resources that empower women to take charge of their mental, emotional and physical health, and access the support that's right for them.

### Instructions:

1. Access the toolkit [\*\*here\*\*](#) using your organization's access code.
2. Review this month's engagement toolkit, which includes:
  - **Featured article** on practical ways for women to advocate for their own health and why it's essential to do
  - **Featured article** on the toll "invisible labor" takes on women's health and finding a better balance
  - **Quick hit** on common postpartum mental health concerns
  - **Tips** on using health and wellness apps for support
  - **Interactive guide** for understanding and tracking perimenopause symptoms
  - **Podcast episode** "Seeing Invisible Labor" from Until It's Fixed
  - **Video** celebrating International Women's Day
  - **Quick insight** "Cracking the menopause" from Uptime
  - **Member training course** "Menopause and mental health"
  - **Social media post templates** to help promote this month's health and wellness topic among your employees — feel free to share on your internal communication platforms and via your own LinkedIn accounts as appropriate
3. Share this information with your organization using the member communication.

As a reminder, we will be launching a new member toolkit each month with updated content and resources. In April, we will share well-being resources that focus on healthy aging.

Please keep an eye out for next month's toolkit and let me know if you have any questions.

Thank you,  
Stephanie Muir