

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