



menopause
support
initiative

I WALK FOR MENOPAUSE LAGOS 2025





PROGRAMME OF EVENTS

Morning Session

- 7:00 – 9:30 AM** Registration, T-Shirt Pick-Up, Health Screening & Sip and Paint
- 9:20 –9:25AM** Opening Remark by MTN Nigeria (Main Sponsors) Connecting Women, Empowering Wellness – MTN Stands with MSI"
- 9:35 –9:45AM** Presentation by Salonpas
- 9:50 –10:00AM** Dance / Exercise Warm-Up
- 10:00AM** Flag-Off of the 10km Awareness Walk
Special Guests: Hon. Commissioner for Women's Affairs,
Charly Boy & The Bikers Association of Nigeria

Midday Session

- 12:00 –12:10PM** Presentation by **RealsPharma**
- 12:15 –12:25PM** **MTN Nigeria** Main Presentation (Main Sponsors) Empowering Wellness and Connection -Supporting Women Through Every Phase of Life
- 12:30 –12:40PM** Welcome Address by **MSI Team Lead** (MELD)
- 12:40 –12:50PM** Address by **Mr. Ladipo**, Chairman, Menopause Support Initiative
- 12:55 –1:05 PM** Address by **Mosunmola Dosunmu**, Founder, Menopause Support Initiative
- 1:10 –1:25PM** Goodwill Message by **Hon. BolajiDada**
- 1:30 –1:40PM** Presentation by **Swipha**
- 1:45 –2:05PM.** **Speaker 1: Dr. Funmi Akinola**
Topic: "Finding Balance in the Pause: Mindfulness, Self-Care & Mental Resilience During Menopause"
- 2:10 –2:20PM** Presentation by **Salonpas**

- 2:25 –2:45PM** **Guest Speaker 2**
Topic: Sleepless Nights, Restful Days: Finding Your Sleep Rhythm Through the Pause
- 2:50 –3:40PM** **Panel Session:** Understanding The Pause- Myths, Mindset & Management
- 3:45 –3:50PM** **Presentation of the Voice of Courage Award Recipient: Charly Boy** For boldly using his platform to promote prostate health awareness and standing in solidarity with the Menopause Support Initiative.
- 3:50 –4:00PM** Raffle Draw
- 4:15PM** Cutting of Cake- Celebrating October Birthdays
- 4:30PM** Feedback Session
- 4:45PM** Dance! Dance!! Dance!!!

Special Appreciation

Menopause Support Initiative (MSI) extends heartfelt gratitude to our main sponsors, **MTN Nigeria**, for their unwavering partnership and commitment to women's health and empowerment. Your support fuels our vision to create awareness, break the silence, and build stronger, healthier communities.

Speakers



Dr. (Mrs.) Olufunmilola Mojoyinola



Dr Olufunmilayo Akinola

Panelists



Olanrewaju oluwakemi Abigail



Mrs Funmi Sobande

Welcome address from the Chairperson

Today Oct 18th being the world menopause day...

I Welcome, everyone to **I walk for menopause 2025 (Lagos)** We are truly honored to have you here today as we open the doors again this year to a conversation that has long been overdue.

Menopause is a natural part of life, yet for too long, it has been met with silence, stigma, and misunderstanding. Today, we gather as a community ..not just to learn, but to listen, to share, and to support one another.

This event which started 3 years ago by **Mosumola Dosunmu** is a celebration of strength, resilience, and the power of connection. Whether you are here as a woman experiencing menopause(peri or post) , a loved one, a care giver, or simply someone seeking understanding- your presence matters.

Together, we are creating a space where every story is valued, every voice is heard, and no one walks this journey alone.

Thank you for being here. Let's make today meaningful.

Modadeola igbokwe

Planning committee chairperson



Speech for the Walk for Menopause 2025 (After the Walk)

Theme: **“Menopause? Know Your Pause”**

By: **Mosunmola Dosunmu**, Founder, Menopause Support Initiative (MSI)

Good afternoon everyone!

Wow! What an incredible morning it has been!

Can we just take a moment to celebrate ourselves? (pause for applause) We did it! We walked with purpose, with power, and with pride. When I look around and see the faces of men and women who showed up today, I am reminded of why we started this journey.

Three years ago, I went for a speaking engagement in **Ijebu Ode**. After my presentation, a doctor walked up to me and said, “Madam, you should start a walk for **menopause.**”

At that time, I smiled politely — I didn't even know what that meant. If I had known what it truly entailed, maybe I would have said, “No, not me!” but God had other plans. He gave me the strength, the courage, and the grace to carry this vision and every day since then, He has given me a reason to keep moving.

Because I cannot stand to see women go through the pain of menopause — the confusion, the silence, the shame. No woman should walk that road alone.

That's why we created **“I Walk for Menopause”** — not just as an event, but as a message. A message to the **18 million Nigerian women** who still live in ignorance about menopause, to say: “You are not alone. You can live through this phase with knowledge, with support, and with a mindset change.”

Through our **Menoclub**, we have built a community of hope. We started with just two members, and today, we are over 8,000 women strong on WhatsApp and almost 70,000 followers across our social media platforms! (pause for applause)

Together, we have achieved great things. We have partnered with Beacon Health Diagnostics, who provide our members with a special rebate on their annual health tests — tests worth **₦250,000** for just **₦85,000**. If you haven't taken advantage of this, please do so — your health is your wealth.

We also launched the **Step and Share Club**, a virtual platform where we walk **10,000** steps every month, no matter where we are in the world. We do it to stay active, to stay connected, and to remind ourselves that movement is life. If you haven't joined yet, please do. Together, we move stronger!

And of course, we wrote our first book — **“Menopause Unfiltered.”** It's real, it's raw, and it's our truth. Please get a copy and share it with someone who needs encouragement.

This year has been particularly special. For the first time, we didn't just walk in Lagos — we walked across five states!

On October 4th, we took the streets of **Abuja**, and what a powerful experience it was. We were joined by two mandate secretaries, and the energy was phenomenal!

And next, we're taking the message to Oyo State. Step by step, state by state, we are fulfilling purpose and making impact.

Before I end, I want to specially recognize and appreciate our Chairman, **Mr. Rufai Ladipo**. When I shared this vision with him, he embraced it wholeheartedly.

Since then, he has not only supported the cause — he has owned his pause! (smile, pause for applause)

Thank you, sir, for your unwavering commitment and belief in this mission.

To every member of the Menopause Support Initiative, thank you for your dedication, your passion, and your faith.

This journey would not have been possible without your collective effort.

Today's walk is a celebration of us — of every woman who dares to speak up, every man who stands in support, and every partner who believes that menopause should no longer be hidden or feared.

So as we leave here today, let's keep the message alive:

Let's continue to speak.

Let's continue to educate.

Let's continue to support one another.

Let's own our pause with strength, dignity, and freedom.

Thank you all, and God bless you richly.



Note from the Chairman

It is indeed a pleasure to be a part of this movement, which started about three years ago. I have heard severally the word menopause used without real knowledge or understanding. When I got involved with the Menopause Support Initiative, I became more informed about what menopause truly is, and today, the awareness is gaining ground among all genders.

The annual Menopause Walk and other associated activities across major Nigerian cities are laudable, and we hope they continue to grow in the fullness of time. Menopause is not an end, but an evolution — a natural passage into another season of strength, grace, and wisdom. Yet, for many women, it has long been surrounded by confusion, silence, and stigma. This silence must end. No woman should walk this journey feeling unseen or misunderstood. It is time to replace fear with knowledge, shame with support, and loneliness with community.

That is why **Agile Communications** chose to be involved, as part of our Corporate Social Responsibility, to lend our voice and resources to this cause. We believe that supporting women's health and well-being is vital to building stronger families, workplaces, and societies. Men must also be part of this conversation, sharing in the emotions and experiences of their spouses and loved ones. When men understand, empathy grows, homes become more peaceful, and communities thrive.

To every woman on this journey: you are not alone. You are still strong, still radiant, still you. Your resilience lights the way for generations after you. Keep learning, keep shining, and know that menopause is not a stigma but a phase of renewed purpose and power.

I must congratulate **Mrs. Mosunmola Dosunmu**, founder of the Menopause Support Initiative, alongside other members of the Initiative, for championing this noble cause.

I hereby call on individuals and organizations to lend their support so that together, we can deepen the impact of this movement and continue to change lives for the better. God bless you all, and see you again next year.

Rufai Ladipo
Lead Consultant/CEO, Agile Communications Ltd



MSI Lagos team



Pharmacist
Mosunmola
Dosunmu



Atinuke
Osilaja



Pharmacist
Bunmi **Laja**



Mrs
Funmi
Ayoola



Pharmacist
Jonah
Omonajona



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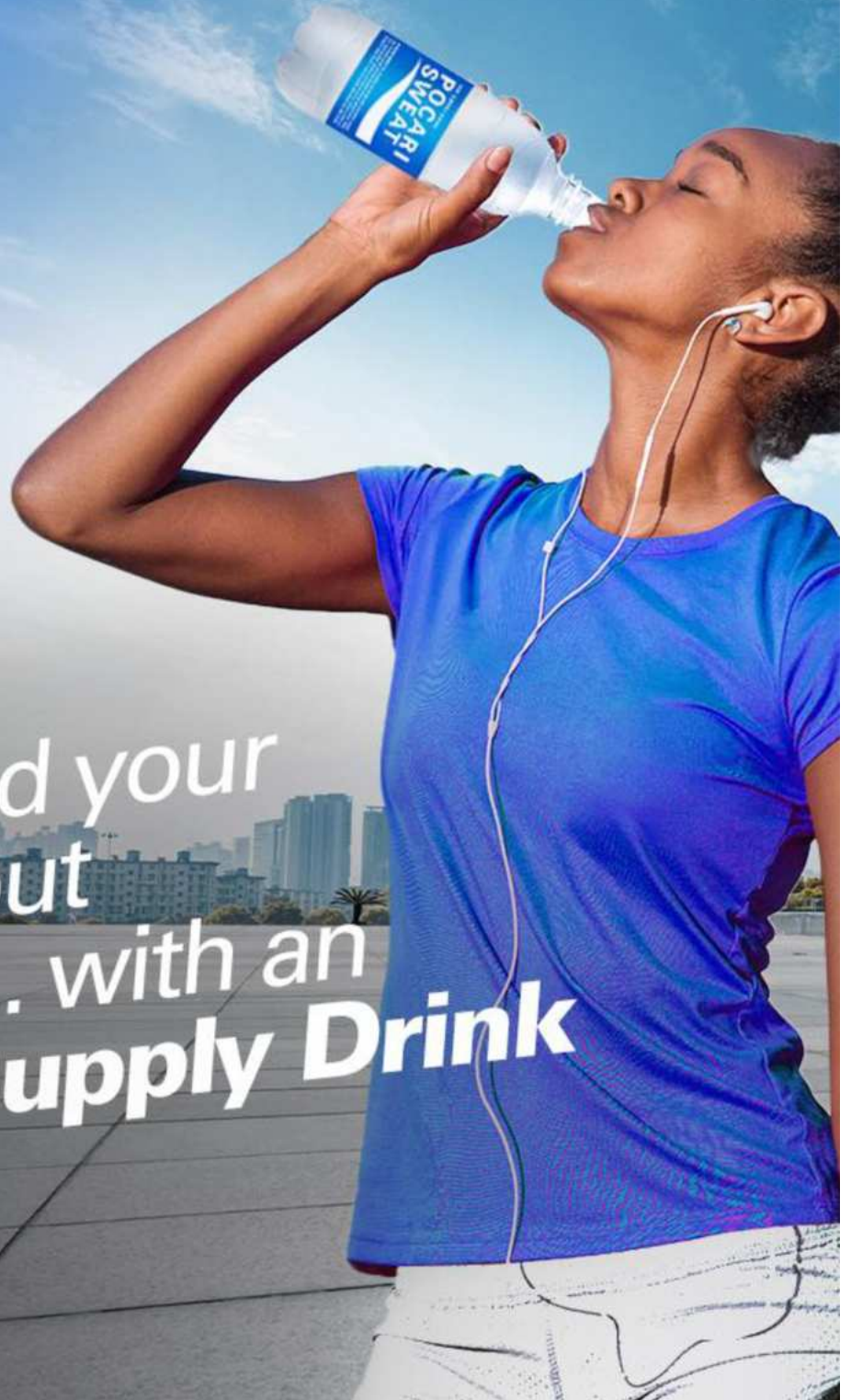
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Our Vision

As the leading voice in menopause awareness, we envision a future where no woman faces menopause unprepared or alone. Through our growing community, we're revolutionizing how society approaches menopause—turning whispered conversations into open dialogue, confusion into clarity, and isolation into connection for millions worldwide.

Our Mission

To break the silence around menopause by providing essential education, creating supportive communities, and advocating for systemic change that ensures every woman has the knowledge, resources, and support she needs to thrive during this life transition.

Our Aims

- **Education & Awareness-** To establish MSI as the premier source of accurate, accessible menopause information that empowers women and educates communities about this natural life transition.
- **Community Building-** To create inclusive, supportive networks where women can connect, share experiences, and access peer support throughout their menopause journey.
- **Systemic Change-** To drive policy reforms in healthcare, workplace practices, and societal attitudes that prioritize women's health and wellbeing during menopause.
- **Breaking Stigma-** To transform menopause from a taboo subject into an open conversation that normalizes this experience for all women.

Our Objectives

Education & Awareness Objectives:

- Develop comprehensive educational resources covering all aspects of menopause
- Deliver workshops and seminars to reach diverse communities
- Launch awareness campaigns that reach millions of women and their families
- Partner with healthcare providers to improve menopause care and understanding

Community Building Objectives:

- Establish local and online support groups in key regions
- Create mentorship programs connecting women at

different menopause stages

- Build partnerships with women's organizations and health advocates
- Develop digital platforms for 24/7 community access and support

Systemic Change Objectives:

- Advocate for improved menopause training in medical education
- Push for workplace menopause policies and support systems• Influence health insurance coverage for menopause treatments
- Collaborate with policymakers on women's health legislation

Breaking Stigma Objectives:

- Launch public campaigns that normalize menopause conversations
- Engage media and influencers to shift public perception
- Create safe spaces for open dialogue about menopause experiences
- Challenge misconceptions through evidence-based messaging

How we work

The Menopause Support Initiative operates through a strategic multi-platform approach that meets women where they are:

Digital Reach

- **78,000+** combined social media followers across **Facebook (70k)**, **Instagram (1.4k)**, and **YouTube (600)**
- **MenoClub WhatsApp community** with **7,000+** active members for real-time support

Media Innovation

- **Menopause Unveiled** - Nigeria's first menopause-dedicated radio show on **Metro 97.7FM**
- **Menopause Unfiltered** - bestselling book providing comprehensive menopause guidance

Community Advocacy

- **IWalk4Menopause** - annual 10km advocacy walk every World Menopause Day (October 18th) featuring awareness campaigns, seminars, and symposiums.

Through online and offline channels, we create a comprehensive support ecosystem that transforms how society understands menopause, ensuring no woman faces this transition alone.

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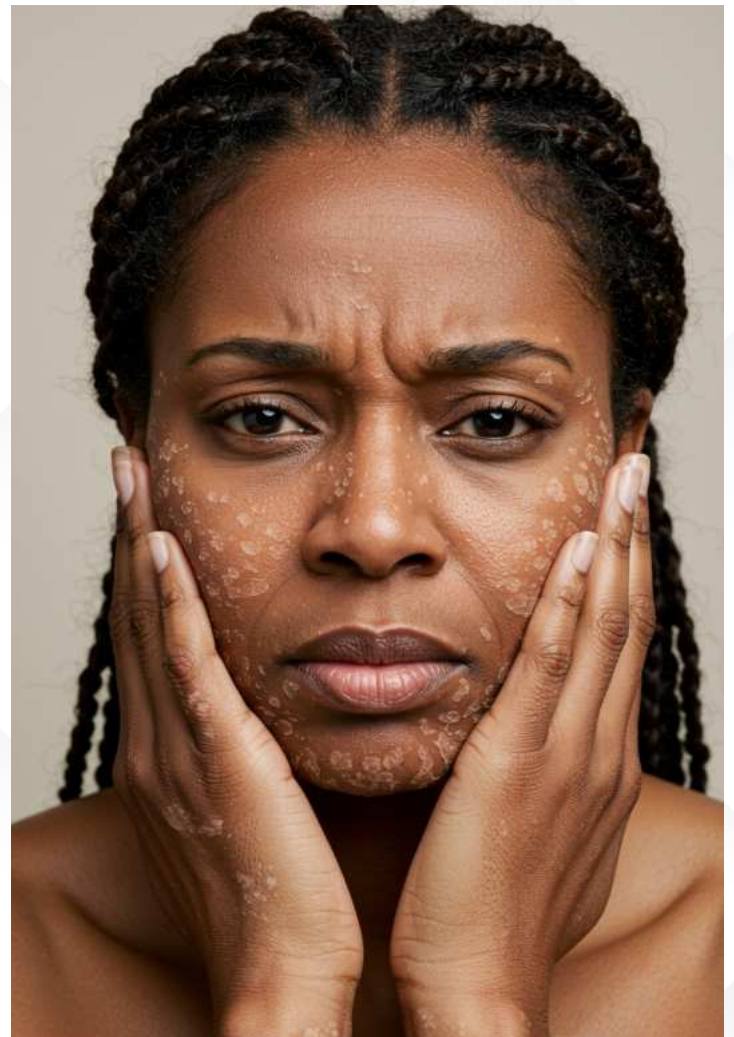


A hidden health crisis for a silent majority

Menopause is not just a women's issue — it is a workplace issue, a family issue, a national wellbeing issue.

Over 25 million Nigerian women are currently in menopause. 75% of them are unaware or unprepared. Only 1 in 10 receive proper medical or emotional support. Less than 5% of health policies mention menopause at all.

The ripple effects are massive: Lost productivity Marital strain Poor mental health Financial instability The time to act is now. And we are leading the charge.



The walk that started to change the narrative

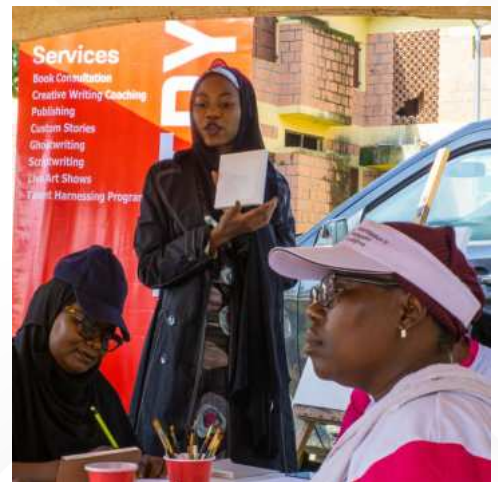






I WALK FOR MENOPAUSE

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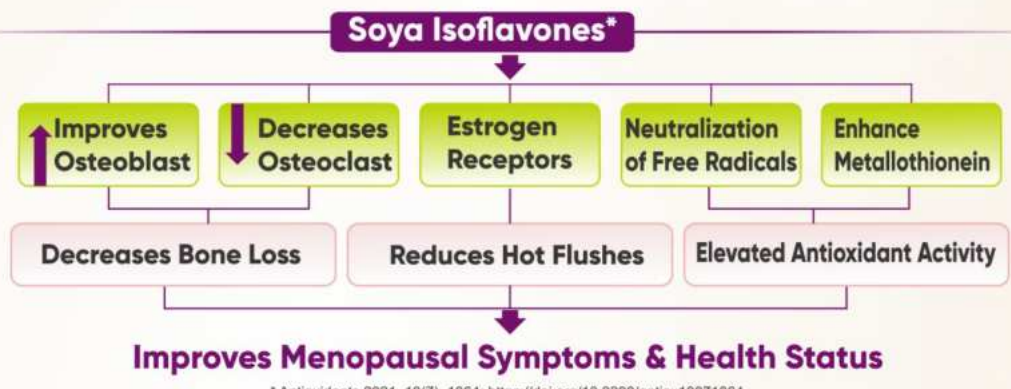
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Withania Somnifera (Ashwagandha)

Potentially regulates hormone levels and alleviates physical and psychological symptoms experienced during perimenopause and menopause

Magnesium

Treats conditions such as PMS, PCOS, mood disorders, and postmenopausal symptoms

NFS Journal, Volume 23, June 2021, Pages 30-36

Omega-3 Fatty Acids

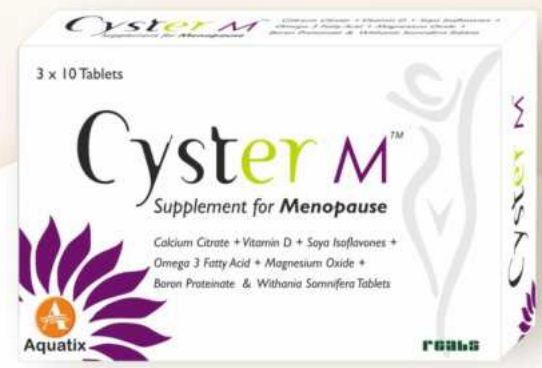
Helps alleviate menopausal symptoms and improves overall well-being

Boron

Important for hormone balance

Calcium Citrate & Vit. D

Helps with bone health after menopause



A True Companion of Menopause



Breaking new grounds for the cause

This year, MSI is taking the World Menopause Day campaign beyond Lagos — expanding into four additional states to amplify impact and reach.

The 5-day advocacy campaign will include a blend of activities such as media appearances, expert panels, digital awareness drives, wellness workshops, health screening, and community conversations.

Our goal is to create meaningful engagement with women and communities across Nigeria, driving real change through education, empathy, and visibility. We are proud to announce our 2025 footprint will now cover Lagos, Abuja, Port Harcourt, Ogun, and Oyo.



Why Your Support Matters

When you support MSI, you do more than write a cheque. You restore dignity, you save jobs, you keep families together.

Menopause can impact mental health, workplace productivity, relationships, and even economic stability, yet the silence persists.

Your Support Will help us

- Provide free health screening (BP, sugar, hormone, bone density)
- Fund documentaries capturing untold stories of Nigerian women.
- Sponsor wellness workshops with self-care tools & emotional support.
- Empower men to become allies in their homes and workplaces
Influence health policy inclusion across Nigeria





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Testimonials



My name is Mrs. Alaba Akintilebo, and this is my menopause story. I entered menopause at 49 without knowing, I thought I was just sick, treating malaria, taking drugs, but nothing worked. My legs ached, my body felt strange, and the heat in my body was unbearable. By 50, everything got worse, I was referred to hospitals, went to different departments, from outpatient to surgery, to orthopaedic to ENT.

I became a shadow of myself, constantly in the hospital, running endless tests; CT scans, x-rays, and baron tests, with no answers. I spent all my earnings on drugs and appointments. I was bloated, constipated, sleepless, had rashes, hot flashes, and so much fear. Doctors found nothing. One even suggested a COVID test. I broke down in tears.

People told me it was spiritual. I spent money on fake pastors. I even fought with my husband because I believed I was under attack. The hardest part? No one mentioned menopause. I had no idea menopause could feel like this. I thought it was just about periods stopping.

In 2021, a pharmacist friend introduced me to Menoclub. That's where I met Pharm Mosun. Everything changed. I got answers, clarity, and peace of mind. I wasn't going mad. It was menopause, and I wasn't alone. Today, I'm living fully. I'm a Menoclub advocate in my church and community. Menopause isn't a disease. It's a phase. Menoclub gave me knowledge, hope, and strength.

Join us. Shine through menopause. Live radiant.



My name is Bola. My menopause journey began in 2016 with unusual abdominal pain before my periods. Later, the pain moved to my knees, though I hadn't injured myself.

In 2020, I took charge of my health—joined a gym, started walking daily, and dropped from 115kg to 89kg. I felt great but didn't realize I was in a constant calorie deficit, lacking essential nutrients.

By 2021, I felt faint and breathless. Tests were normal, but a doctor's simple questionnaire revealed the truth: I was postmenopausal. That moment changed everything.

Joining a support group, especially hearing Pharma Mosun's insights, helped me understand that intense workouts and low estrogen were draining my body. With the right supplements and lifestyle shifts, I began to feel better.

Menopause isn't an illness—it's a natural phase. But without awareness and support, it can be overwhelming. I'm still managing symptoms, but I'm learning to thrive, one day at a time.



My name is Funmi Madet, a businesswoman. My period stopped at 51, and by 52, I was postmenopausal. Initially, I only noticed minor issues—body aches, malaria, and cramps. But at 58, menopause hit hard.

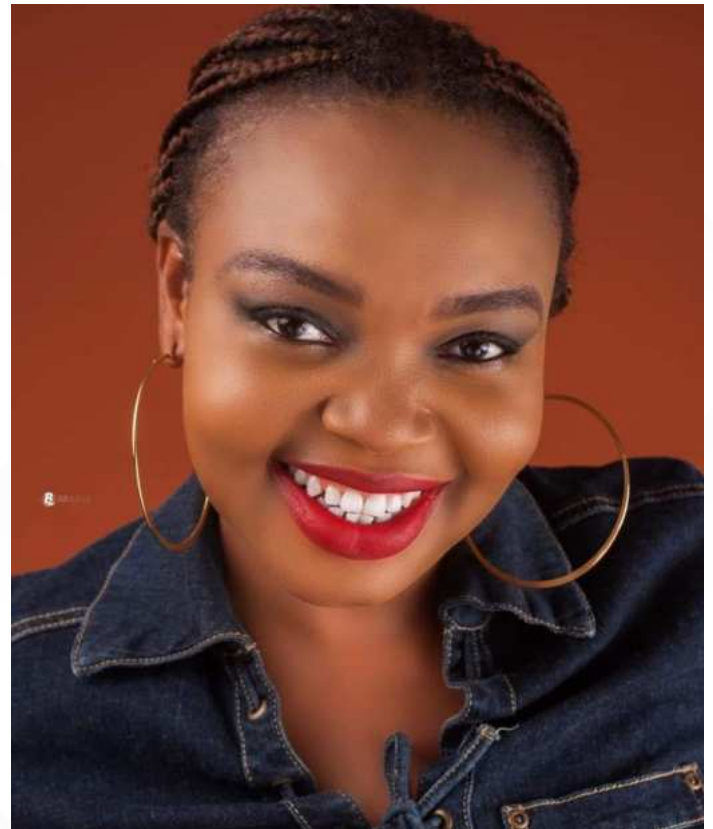
During my travels across Europe and America for business, I didn't realize my body was changing until I collapsed one night. I was hospitalized with high blood pressure and malaria. That incident marked the true start of my menopause journey.

For nearly two years, I dealt with unexplained symptoms. My family spent millions on treatments, yet doctors found nothing wrong. I suffered from anxiety, depression, and constant palpitations. It was overwhelming.

My turning point came when my cousin Kunbi introduced me to Pharm Mosun and the Meno Club. She immediately recognized the symptoms and helped with supplements, therapy, and lifestyle changes. I was later referred to Dr. Funmi Akinsola, a psychiatrist who treated my anxiety and depression.

After more than two years, I finally found balance. Though symptoms linger, I now manage them.

To women cruising through menopause—count yourselves lucky. It's not a disease, just a natural phase that often goes unrecognized by general doctors.



My name is Grace Onuobia, I'm 49—a wife, mom of three, and a businesswoman. I loved reading growing up and learned early on that menopause happened to old women. One symptom that stuck with me was hot flashes.

So at 38, when I started experiencing something similar, I thought I was imagining things. Weren't periods supposed to stop first? Mine became irregular and disappeared completely by 40! Still, I lived in denial—I wasn't old, right?

Three years later, I joined the Menoclub platform through my friend, pharmacist Mosun. At first, I wanted to leave, but curiosity kept me scrolling. Even though I "wasn't in menopause" (so I told myself), the information was eye-opening.

Exactly a year later, menopause hit me full force—headaches, bloating, hot flashes, low libido, dryness... the whole package. I felt overwhelmed and even a bit depressed, but then I remembered everything I'd learned. I opened up to my husband, and thankfully, he was understanding and supportive.

Menopause has been a journey of self-discovery. I've learned I must be intentional—like drinking 2–3 liters of water daily and walking at least three times a week—to keep symptoms in check. What works varies for each woman, but the most important thing is this: arm yourself with the right knowledge.

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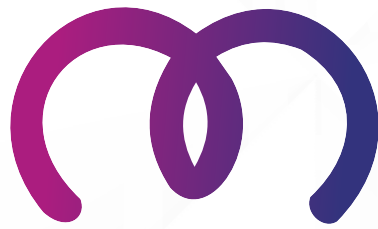


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