



AGENDA

Health and Wellness Pillar

Roundtable discussion under the theme “Life with menopause”

Saturday 31st May 2025 – Docklands theatre hall

9:00 AM to 11:00 AM

9:00 – 9:05 AM	Welcome by the Pillar Leader – Mrs. Mukta Benoiton
9:06 – 9:10 AM	Video – Oprah Winfrey - The Menopause Revolution
9:11 – 9:30 AM	Presentation – Dr. Zia Rizvi – Aspects of menopause
9:31 - 10:50 AM	Discussions and Sharing of experiences: <ul style="list-style-type: none">▪ Mukta Benoiton▪ Jacqueline Moustache Belle▪ Lorea Rassool (Loréa Sage-femme)▪ Veronique Laporte▪ Joyceline Coopoosamy
10:51 to 11:00 AM	Closing remarks and outcome – by the Chairperson