



Peri -Menopause and Menopause Coffee Morning and Networking with Gillian McConnell. Nutritionist

```
<style>
/* Course Entry Route */
.row.courseRoute{
  margin-left:0;
  margin-right:0;
  padding-bottom:1em;
  margin-bottom:1em;
  border-bottom: 1px solid rgb(51, 51, 51);
}
.courseRoute div.caption{
  display: block;
  font-size: 0.75em;
  font-weight: 400;
}
.courseRoute .courseTitle,
.courseRoute .courseLength,
.courseRoute .courseType,
.courseRoute .courseDeadline{
  font-weight: bold;
  padding:6px 0;
}
.courseRoute .courseTitle{
  color: #2993d0;
}
.courseRoute .courseApply{
  padding-top:7px;
  padding-left:0;
  padding-right:0;
}
/*ACCORDIONS / COLLAPSE
*****/

.panel-group .panel {
  border-radius: 0;
}

.panel-group .panel+.panel {
  margin-top: 10px;
}

.panel-default {
  border-color: #e7e7e7;
  border-radius: 0;
}

.panel-default .panel-heading {
  padding: 0;
  background: transparent;
  border-radius: 0;
}

.panel-default .panel-title > a {
  display: block;
  padding: 28px 30px 28px 20px;
  font-size: 18px;
  color: #2993d0;
  text-decoration: none;
}

.panel-default .panel-title > a .prefix{
  display:none;
}

.panel-default .panel-title > a .fa {
  float: right;
}
```



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```
.accordionStandard .panel-default .panel-title > a{
  position: relative;
}
.accordionStandard .panel-default .panel-title > a .fa.fa-caret-right {
  float: none;
  display: block;
  position: absolute;
  right: 20px;
  top: 40%;
  top: calc(50% - 10px);
}

.panel-default .panel-title > a:not(.collapsed) .fa:before {
  content: "\f0d7";
}

.panel-body {
  background: #eee;
  padding: 20px;
}

.panel-open-all {
  border-top: 1px solid #e7e7e7;
  margin: 20px 0;
  padding: 20px 20px 0;
  font-size: 18px;
}

.panel-open-all .fa {
  margin-left: 5px;
}

.panel-group > .panel-open-all > a.closeAll > i.closeAll:before {
  content: "\f0d7";
}

.banner .accordion_box .panel-group .panel .panel-heading .panel-title a span.flagExternal{
  background-image: url('https://www.ucd.ie/t4cms/ucdmaincore_new_window_icon.png');
  background-repeat: no-repeat;
  background-position: center center;
  display: inline-block;
  width: 14px;
  height: 14px;
}

/
/*BUTTONS
*****/

.btn {
  border-radius: 0;
}
.btn-spacer{
  height: 34px;
}

.btn.default {
  color: #0a4873;
  background: #eee;
  border: 0;
}

.btn.blue {
  background: #2993d0;
  color: #fff;
}
.btn.blue:hover {
```



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```
background: #45a1de;
}
.btn.darkblue {
background: #0a4873;
color: #fff;
}
.btn.darkblue:hover {
background: #5f839e;
}
.btn.yellow {
background: #f0c650;
color: #0a4873;
}
.btn.yellow:hover {
background: #f8ce58;
}

main#single-column-content {
background-color: white;
}

.image.video img {
display: block;
margin: 0;
}

img {
max-width: 100%;
height: auto;
}

img {
vertical-align: middle;
}

img {
border: 0;
}

img[Attributes Style] {
width: 100%;
}

</style>
```

<!--<h1 class="pageTitle">General Information</h1>-->

<h3>General Information</h3>

<p>The EDI unit would like to invite you to a series of networking sessions around Peri-Menopause and Menopause that will be held in UCD and will run through next few months. This will be a relaxed event where people can talk to each other, get some practical tips from our guest specialists, share their stories and tips if they wish or just listen to their colleagues and guest speaker. All genders are welcome to participate in the sessions.</p>

<p>There will be coffee and tea provided through the session.</p>

<p>The first session (in person) will take place on 14 March from 10:30 to 11:30. We will be delighted to hear from the Gillian McConnell, who is a registered Dietetision and Nutritionist. Gillian will be talking about the importance of the Nutrition, will tackle myths around Menopause and nutrition, share a few practical tips and recipes and answer your question. You can read more about Gillian here: <https://insideoutnutrition.ie/about/>.</p>

<p>We would also like to take this opportunity to remind you about the Peri-Menopause and Menopause supports that are available for UCD employees. This includes the policy and guidelines for managers and employees, a symptom checker, medication discount in the UCD pharmacy and some external resources. Please visit the dedicated .</p>

<p>In case of any questions, please email edi@ucd.ie</p>



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<div class="text">

<h3>General Details:</h3>

<h10></h10>

<dl>

<dt>Start Date:</dt>

<dd>14 Mar 2024</dd>

<dt>Start Time:</dt>

<dd>10:30</dd>

<dt>Duration(Hours):</dt><dd> 1.00</dd>

<dt>Location</dt><dd>UCD Global Lounge, Gerard Manley Hopkins Centre , Belfield, Dublin 4</dd>

UCD Global Lounge

<dt>Contact Name:</dt>

<dd>edi@ucd.ie</dd>

<dt>Contact Number:</dt>

<dd></dd>

</dl>

<div class="image video">

<IMG

src=W_HU_REPORTING.P_WEB_IMAGE?p_parameters=3BD002D2D66839190F9CAE7FD8324C383FE26E1C2559674A0A56E085F6B1E6C0A93833D7274714593BD7A63D9D5E0132EA735388CEAE41C01D05539A8C39C3EC WIDTH=100%></div>

</div><!--/text-->

<h4>Please note that you must be logged into to avail of the Book Now function. </h4>

<div class="panel panel-default">

<div class="panel-heading" role="tab" id="heading99">

<h4 class="panel-title"></h4>

</div>

<div id="collapse99" class="panel-collapse collapse" role="tabpanel" aria-labelledby="heading99">

<div class="panel-body">

<p></p>

</div>

</div>

</div><!--/panel-->

<iframe

width="100%"

height="450"

frameborder="0" style="border:0"

src="https://www.google.com/maps/embed/v1/place?key=AlzaSyC54GPiiUtpxQhsRq9fwapW_SVhXsPB01l&q=UCD Global Lounge, Gerard Manley Hopkins Centre , Belfield, Dublin 4+,,,"

allowfullscreen>

</iframe>