



2025 NATIONAL INTEGRATED SPECIAL REPORT – DIGITAL AND NEWSPAPER

Menopause Insights

Empowering Women Through Knowledge and Support

INTEGRATED CONTENT FEATURES: Turnkey solutions in which participating advertisers can be mentioned or quoted in at least one story.

Click on the report below to see a similar past feature



Menopause affects over 10 million Canadian women over age 40, yet it remains a life stage with limited support and awareness. Strategically timed for Menopause Month and World Menopause Day, this special feature will explore the latest research, health advice, and wellness resources, aiming to empower women with knowledge and tools to support their health and well-being.

Proposed topic highlights:

Health and Wellness Tips: Everyday tips for managing symptoms with nutrition, exercise, and self-care routines.

Treatment Options: Available treatments and resources to help manage menopause symptoms.

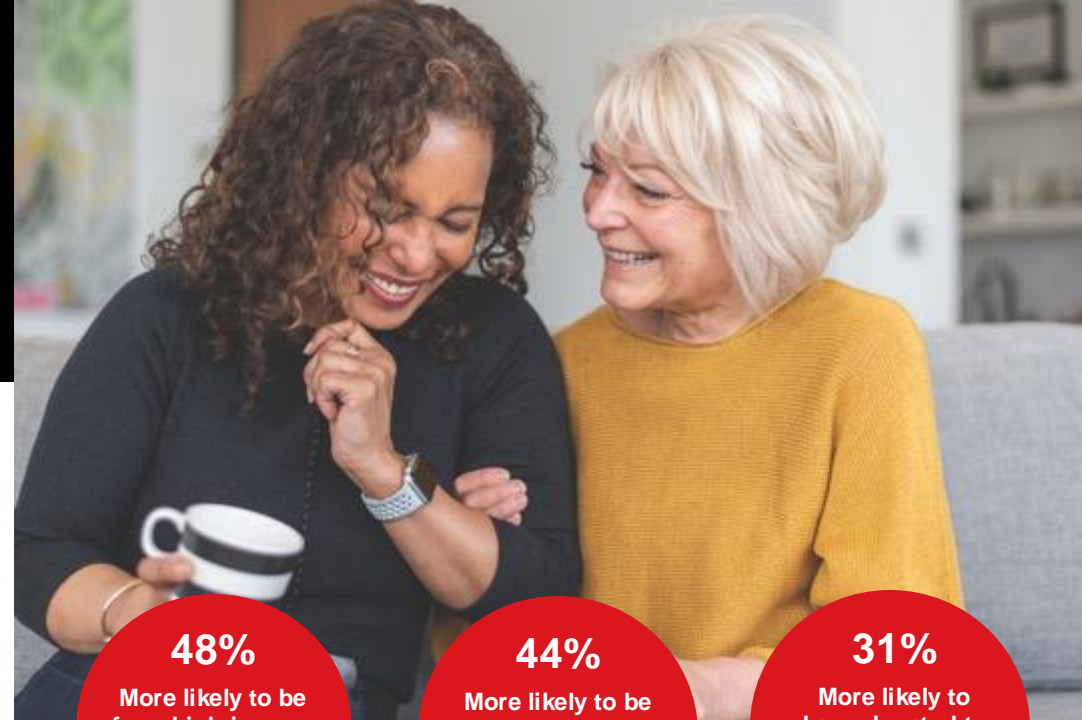
Emotional Well-being: Advice on mental health, mindfulness, and adjusting to emotional shifts during menopause.

Balancing Work and Life: Practical tips for handling menopause in the workplace.

GET INVOLVED TODAY. CONTACT:

RICHARD DEACON, Project Manager T: 1.604.631.6636 E: rdeacon@globeandmail.com

Content produced by Randall Anthony Communications, a Globe-approved provider



48%
More likely to be from high-income (\$200K+) households with children under 18.

44%
More likely to be highly educated (3.4M have a university degree or higher).

31%
More likely to have donated to educational organizations.

Print/Digital Weekly Readers – **5,941,000**
Print Weekly Readers – **2,580,000** | Digital Weekly Readers – **4,607,000**

Source: Vividata SCC Winter 2024, National, Adults 18+

Standard Booking Dead line	Material Deadline	Publishing Date
August 1	September 19	September 27
September 5	October 10	October 18