

New Menopause Forum Offers Women Place to Share, Connect

MenopauseChitChat.com, an online resource for women, has launched a private menopause forum. The Menopause ChitChat Community allows women to share their experiences, ask questions, and better understand their menopause symptoms.

February 27, 2010 (FPRC) -- Menopause can be one of the most challenging stages of a woman's life. Hot flashes, migraines, mood swings, and other menopause symptoms are often misunderstood. And while women are searching for answers and support, there have been few places to connect with other women in a safe, comfortable setting.

Until now.

Menopause ChitChat.com, a website dedicated to helping women understand and navigate their transition through menopause, recently launched a free menopause forum. The Menopause ChitChat Community is a private forum designed for women in menopause by women in menopause. Though not a substitute for medical advice, the new forum provides an opportunity for women to share their stories, ask questions, and make connections.

The Menopause ChitChat Community delivers a variety of tools and resources to help women make sense of their journey, including:

Message Boards. Members are able to post questions, share stories, or browse replies from other members.

Live Chat. Allows women to chat in real-time with others while online.

Blogs. Every member can set up their own personal blog to share their thoughts and experiences within the group.

Events, Links, Videos, and News Feeds. Women can stay abreast of the latest news and resources specific to menopause.

Personal Profile Pages. All members have a Personal Profile to help track discussions, postings, applications, and more.

Though there are several open menopause forums and message boards available on the internet, the Menopause ChitChat Community is unique. By requiring approval for all new members, the forum offers a place where women can feel safe sharing their personal journey with other women.

The Menopause ChitChat Community is free and all new members will also receive a copy of *Tame the Power Surge*, a quick guide to managing menopause symptoms.

For more information, or to join the community, visit www.MenopauseChitChat.com.

ABOUT MENOPAUSE CHITCHAT.COM:

MenopauseChitChat.com is a woman's online guide to understanding menopause symptoms,

challenges, and solutions. Covering a variety of informational topics ranging from treatments to preparing a spouse for menopause, Menopause ChitChat.com is a useful roadmap for a woman's journey through menopause.

Contact Information

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