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**REG: RC/LBE/2025/B/058**  
**NIC: M05217782814R**

## **INTERNATIONAL MENOPAUSE AND MIDLIFE WOMEN’S HEALTH NETWORK (IMWHN)**

### **MEMBERSHIP COMMITMENT ACT**

The International Menopause and Midlife Women’s Health Network (IMWHN) is a global network of menopause and midlife women’s health advocates, professionals, researchers, clinicians, educators, organizations, and changemakers committed to advancing menopause health awareness, education, advocacy, research, policy, and access to quality care for women across the globe.

By applying to become a registered member of IMWHN, you agree to uphold the vision, mission, values, and activities of the Network and actively contribute to the growth of menopause and midlife women’s health advocacy globally.

### **OUR MEMBERSHIP PATHWAY**

IMWHN is not just a membership platform; it is a leadership and advocacy movement.

**Members are expected to grow through the following pathway:**

#### **1. Registered Member**

Members begin by joining the network and participating in advocacy, education, awareness, and engagement activities.

#### **2. Certified Menopause Health Advocate**

Active members who complete designated advocacy trainings, educational activities, and engagement requirements may become Certified Menopause Advocates under IMWHN.



### **3. IMWHN Ambassador**

Outstanding and highly active advocates may be appointed as IMWHN Ambassadors representing the Network within their countries, institutions, organizations, and communities.

### **4. Country Leadership & Representation**

Exceptional ambassadors may lead national advocacy initiatives, country chapters, awareness campaigns, educational projects, and strategic partnerships in their respective countries.

## **EXPECTATIONS & RESPONSIBILITIES OF MEMBERS**

As a registered member of IMWHN, you commit to:

### **Advocacy & Awareness**

- Promote menopause and midlife women’s health awareness within your community and professional circles.
- Advocate against stigma, misinformation, and silence surrounding menopause.
- Support women through education, empowerment, and evidence-based information.

### **Active Participation**

- Attend IMWHN virtual meetings, webinars, trainings, and educational sessions.
- Participate in the monthly “Grand African Menopause Health Chat.”
- Engage actively in discussions, forums, and collaborative activities.



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## **Social Media Engagement**

- Share IMWHN educational resources, campaigns, flyers, and advocacy materials on your social media platforms.
- Help amplify global menopause awareness campaigns.
- Promote official IMWHN programs and events.

## **Storytelling & Community Impact**

- Share your personal, professional, advocacy, or patient-care experiences where appropriate.
- Contribute stories that inspire awareness, healing, empowerment, and education.
- Encourage open conversations around menopause and healthy aging.

## **Professional Contribution**

- Bring your expertise, knowledge, and experience to the Network.
- Contribute as a speaker, trainer, mentor, panelist, educator, or collaborator when opportunities arise.
- Participate in podcasts, interviews, conferences, workshops, and awareness campaigns organized by IMWHN.

## **Media & Publications**

- Participate in magazine features, newsletters, articles, interviews, and media engagements.



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- Contribute educational content, research insights, advocacy materials, or expert opinions when requested.

### **Collaboration & Networking**

- Foster unity, professionalism, respect, and collaboration among members globally.
- Support cross-country partnerships and initiatives.
- Encourage multidisciplinary collaboration in women’s health.

### **Ethical Conduct**

Members are expected to:

- Maintain professionalism and integrity at all times.
- Respect diversity, cultures, and perspectives within the Network.
- Avoid misinformation, discrimination, harassment, or unethical behavior.
- Represent IMWHN positively and responsibly.

### **MEMBER COMMITMENT DECLARATION**

By joining the International Menopause and Midlife Women’s Health Network (IMWHN), I acknowledge that I am becoming part of a global movement dedicated to improving menopause and midlife women’s health outcomes worldwide.

I commit to:



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- Being an active and responsible member of the Network.
- Supporting advocacy, education, awareness, and collaboration efforts.
- Upholding the values, mission, and vision of IMWHN.
- Contributing positively to the advancement of menopause health globally.

I understand that active participation and commitment may provide opportunities for certification, ambassadorial roles, leadership representation, and international collaborations within the Network.