

Ms. Esther Mbugua-Kimemia



Biodata:

Ms. Esther is a Consultant, Conversation starter and, Advocate on Women's Health and Endometriosis, Founder and CEO: Yellow Endo Flower, Menopause Talks KE, Yellow Flower Initiative, and The Furaha Program. She educates, empowers and equips girls and women with the right tools to understand their bodies, and to navigate their menstrual health journeys, from menarche to menopause.

Topic of Presentation:

Normalizing the Word 'Period'!

Outline:

Periods are considered taboo in our society. Not much information is readily available. Myths are passed down from generation to generation, normalizing painful periods and dismissing pain. This is where the volcano of Endometriosis erupts from. The roots span from the tender teenage years to midlife, branching out to the final destination of menopause.