

MID LIFE & MATURE WOMEN PRAYER

We pray to God to give us the Grace to accept the midlife physical changes and gently renew our strength.

Guide our heart, our mind and body to navigate the way and our trust in you to lead us safely through.

We pray for Midlife and Mature women who cherish the fond moments of their life and also for those sitting in a doctor's office or who are in bed asking for healing touch.

On this day.

May all the Midlife & Menopausal women have the gift of joy, hope and good health.

Thank you God for the promise of hope you hold out to all midlife & menopausal women & inspire us to give this gift of hope to others.

Dr. N. Hephzibah Kirubamani

Chennai Menopause Society

