

NWL ACTIVE MENOPAUSE PROGRAMME

A free physical activity and wellbeing programme to support women during perimenopause and menopause

Wednesday 4 September | 6.30pm - 8pm
St Edward's Church Hall, Castle Donington DE74 2JH

Have you got questions on diagnosis, symptoms, HRT, alternative therapies?

Q and A session by Lead Clinical Pharmacist, Anthony Singh.

This session will be supported by the NWL Social Prescribing Team, who will be able to provide information on Menopause Clinics and other free programmes available to help with your wellbeing.

To book your free place scan the QR code or visit www.nwleics.gov.uk/menopause



For more information contact caren.godsell@nwleicestershire.gov.uk