

# MEN & MENOPAUSE



## Online Sessions

### Peri Meri Menopause Moments

**Calling all men!** Would you like to know more about the menopause and how it can affect partners, friends, family and indeed work colleagues?

These online sessions are to raise awareness of the menopause, its symptoms and how it can make someone on their menopause journey feel. We will also be discussing how you can signpost and access support for yourself and others.

**Don't box it up!** Join us on one of the dates below and find out more....



**THURSDAY 20TH NOVEMBER**



**2PM TO 3PM**



**THURSDAY 15TH JANUARY 2026**



**11AM TO 12PM**

Scan Me!



[Book your place](#)



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