

Peri Meri Midday Mindfulness

Feeling pants about the
menopause?



Discover the power of mindfulness

Mindfulness can help relieve stress and anxiety, help you cope with physical and mental illness and promote more positive mental health.

Tuesday 25th November - 12pm

Monday 22nd December - 12pm

Wednesday 21st January 2026 - 12pm

Each free session is delivered online via Zoom and is 1 hour in duration. To find out more and book your place on one or more of these sessions, visit www.perimerimindfulness or scan the QR code below.



✉ meno@every-one.org.uk

🌐 www.every-one.org.uk



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