

Feeling pants about the
menopause?



No need to book...

JUST POP IN!



PERI MERI MENOPAUSE WELLBEING MARKETPLACE

WHERE

**Tonic Health,
6 Broadgate House,
Westlode Street,
Spalding, PE11 2AF**

WHEN

**Thursday 27th
November 2025
10am to 2pm**

*Great event! Lots of useful
information and a good
variety of organisations - well
worth attending!*

Lincoln Marketplace attendee

WHAT'S IT ALL ABOUT?

Find out what could support you or someone you know on the menopause journey....everyone's welcome! Browse at your leisure, pick up some freebies and choose the speakers you'd like to listen to!

- ♥ Providers promoting better sleep, mindfulness, herbs, aromatherapy, therapeutic support, staying active...and lots more!
- ♥ **30 minute sessions on various topics:**
 - **11.15am** - Menopause & Good Nutrition (Live Well with Chronic Illness)
 - **12.15pm** - Getting Better Sleep (The Sleep Hub)
 - **1.15pm** - Mindfulness & Meditation (Stuart Couling)
 - **Free** Health Checks available throughout the day