

FREE PERI MERI MENOPAUSE MOMENTS PROGRAMME MABLETHORPE

*Are you struggling with
menopause?*

Come along and join this
FREE Peri Meri Programme
with 2 hour weekly sessions
delivered over 5 weeks
covering a new topic each
week and see how we can
support you!

With hints and tips around
menopause, wherever you
are in your journey, this
might be just what you need
to help you through the
“fog”!

Want to know more?

For more information and to book
your place email

donna.smith@acisgroup.co.uk

To find out more about the
programme scan the
QR code or visit

www.every-one.org.uk

Feeling pants about the
menopause?



STARTING

Thursday 15th
January 2026

9.30am to 11.30am



WHERE

Campus for Future
Living, Stanley
Avenue, Mablethorpe,
LN12 1DP

**SCAN
ME!**

