



Peri Meri Menopause Moments Programme

Are you struggling with menopause?

Come along and join the **free** Peri Meri Programme with 2 hour weekly sessions being 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”!



STARTING

**Friday 23rd
January 2026
10am to 12pm**

WHERE

**North Kesteven
District Council,
Kesteven Street,
Sleaford, NG34 7EF**

WANT TO KNOW MORE?

To book your place on the Programme email Deborah_chessum@n-kesteven.gov.uk or call on **01529 414155**. To find out more about the programme scan the QR code.

