

# Menopause Wellbeing Day

**SATURDAY 16TH MAY  
10.00AM TO 2.00PM**

**ST DENYS CHURCH ROOM,  
MARKET PLACE,  
SLEAFORD, NG34 7SH**



Feeling pants about the  
menopause?



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!

- There will be providers promoting better sleep, mindfulness, herbs, aromatherapy, therapeutic support, staying active and lots more...plus 30 minute sessions on a variety of subjects! Scan the QR code or visit our [website](#) to find out more!
- Free Health Checks available



**SCAN ME** 

**No need to book...just pop in!**

## Contact us!

 [meno@every-one.org.uk](mailto:meno@every-one.org.uk)  [www.every-one.org.uk](http://www.every-one.org.uk)

