

FREE PERI MERI MENOPAUSE MOMENTS PROGRAMME GAINSBOROUGH

Are you struggling with menopause?

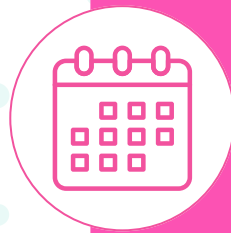
Come along and join this **FREE** Peri Meri Programme with 2 hour weekly sessions delivered over 5 weeks covering various topics including menopause symptoms, mental health and medications.

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 scan the QR code opposite.

To find out more about the programme visit
www.every-one.org.uk



STARTING

Thursday 28th

May 2026

6.30pm to 8.30pm



WHERE

Park Springs
Community Centre,
Riseholme Road,
Gainsborough,
DN21 1NJ

