

Feeling pants about the
menopause?



FREE PERI MERI MENOPAUSE MOMENTS PROGRAMME MARKET RASEN

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”!

STARTING

**Wednesday
27th May 2026
12.45 to 2.45pm**

WHERE

**The Grange Cafe &
Hub, 5 Market Place,
Market Rasen,
LN8 3HJ**



For more information and to book your place scan the QR code.

To find out more about the programme visit

www.every-one.org.uk

