



PERI MERI MENOPAUSE MOMENTS

PROGRAMME

Are you struggling with the 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”!



START

WHEN & WHERE

Tuesday
19 May 2026
From 5pm To 7pm

Scott House
Skirbeck Road
Boston, PE21 6DG

Refreshments will be provided

To book your free place:



Scan the QR code with your phone camera to book your place.

For more information about the programme visit

www.every-one.org.uk