



Feeling pants about the
menopause?



FREE PERI MERI MENOPAUSE PROGRAMME

LET US SUPPORT YOU TO THRIVE
THROUGH MENOPAUSE!

Come along and join this **FREE** Peri Meri Menopause Programme with 2 hour weekly sessions delivered over 5 weeks covering various topics.

Gain practical tips, expert guidance, and real-life support - all in one place!

- ✓ Welcoming & reassuring
- ✓ A safe space to share
- ✓ Real conversations

STARTS ON

FRIDAY

30 OCTOBER 2026

1PM TO 3PM

WHERE

WINCHELSEA
CENTRE,
RUSKINGTON

To book your **free** place on the programme email

Deborah_chessum@n-kesteven.gov.uk

or call on 07733 368676.

To find out more
scan the QR code.

