



## 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

Thursday  
5 November 2026  
From 2pm To 4pm

Boundary Street Hub  
Boundary Street,  
Lincoln, LN5 8PF

Refreshments will be provided

## To book your free place:



Scan the QR code with your phone camera, click on the link, and it will take you to Ticket Tailor

“For more information about the programme visit [www.every-one.org.uk](http://www.every-one.org.uk)”