

Menopause Project



Are you experiencing difficult menopause symptoms or just curious to find out about the menopause?

Come along to our friendly women's workshops or support group to share your experiences and explore the menopause.

**Monthly Peer Support Group &
New short courses in May & October 6-8pm
Don't suffer in silence book your space now**



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Reclaim the Menopause
www.reclaimthemenopause.com