

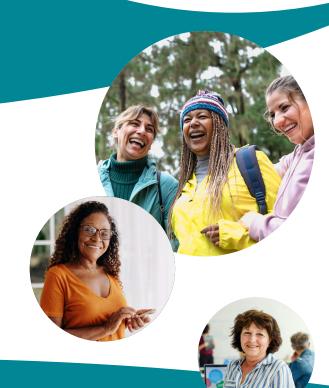
Leicester, Leicestershire and Rutland Talking Therapies

Menopause Matters

Join us at one of our roadshow events

When are the sessions?

- Thursday, 17th October
- 09:30-12:45
- Ashby Leisure Centre & Lido



Whats on?

09:30	Welcome: with Vita Health Group
09:40	Let's talk menopause: with Jill from Menopause Awareness Service
10:00	Embrace your menopause taster session: with Vita Health Group
10:15	Active menopause: with Jess from Active Together
10:30	Wellness circuits with mindfulness
12:00	Virtual balance class: including pilates and yoga

Interested?

To discover more about our Menopause Roadshow, bookings, and further support, scan the QR code below.



Scan here for more information

In collaboration with:









