

Free Event






Leicester, Leicestershire  
and Rutland  
Talking Therapies

# Menopause Matters

Join us at one of our roadshow events

## When are the sessions?

-  Tuesday, 15th October
-  12:00-14:30
-  Enderby Leisure Centre & Golf Centre



## Whats on?

- 12:00 Welcome: with Vita Health Group
- 12:10 Let's talk menopause: with Jill from Menopause Awareness Service
- 12:30 Embrace your menopause taster session: with Vita Health Group
- 13:00 Active menopause: with Jess from Active Together
- 13:15 Menopause-friendly food and recipes
- 13:45 Pilates for Menopause

## Interested?

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



Scan here  
for more  
information

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