NHS

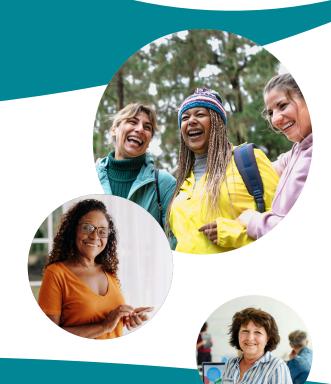
Leicester, Leicestershire and Rutland Talking Therapies

Menopause Matters

Join us at one of our roadshow events

When are the sessions?

- **Wednesday, 16th October**
- 12:00-14:30
- Lutterworth Leisure 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/recipes
13:45	Walking Netball

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:









