

Free Event






Leicester, Leicestershire
and Rutland
Talking Therapies

Menopause Matters

Join us at one of our roadshow events

When are the sessions?

-  Friday, 18th October
-  12:00-13:30
-  Online via Microsoft Teams



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
- 12:45 Guest Speaker: real life stories
- 13:10 Active menopause: with Jess from Active Together
- 13:25 Q&A Session

Interested?

This Free session will be running online via Microsoft teams. Scan the QR code to find out more and book your place.



Scan here to book your place

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