

Free Event



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

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