



# Menopause

## Educational, Support & Awareness Sessions

### TOPICS COVERED:

- HRT
- Bone Health
- Nutrition for the menopause
- Sleep and Coping Strategies

1 THURSDAY 19TH  
SEPTEMBER 2024  
12:30PM-1:30PM

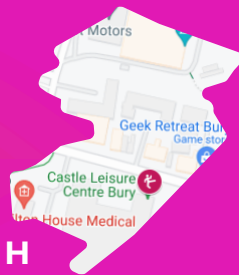
2 TUESDAY 8TH  
OCTOBER 2024  
7PM-8:30PM

3 THURSDAY 31ST  
OCTOBER 2024  
12:30PM-1:30PM

4 THURSDAY 21ST  
NOVEMBER 2024  
7PM-8:30PM

5 THURSDAY 6TH  
DECEMBER 2024  
12:30PM-1:30PM

6 WEDNESDAY 15TH  
JANUARY 2025  
7PM-8:30PM



@ CASTLE LEISURE CENTRE, BURY (ROOM D)

NO NEED TO BOOK, JUST TURN UP AND WE WILL LOOK FORWARD  
TO SEEING YOU

IF YOU NEED ANY FURTHER INFORMATION OR HAVE ANY  
QUESTIONS ON THE SESSIONS PLEASE CONTACT:

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