



MENOPAUSE

System Menopause Café

The 'M' Café @ The Pharmacie Arms

Come along and chat about all things

Menopause...

*If you want to rant, rave, cry or simply have a good old natter, come along for a cuppa & a chat... it's a safe space to relax, make friends & talk about the **menopause...***

(and it's all free!)

7th February, 6th March, 3rd April (tbc due to Easter), 1st May, **5th June**, 3rd July, **7th August**, 4th September, **2nd October**, 6th November, **4th December 2024.**

6.30pm—8pm

The Pharmacie Arms (upstairs room)

High Street, Syston. LE7 1GP

Contact Tracey for more information : Mobile : 07934 122480

Facebook : Syston Menopause Cafe