

Women's Menopause & Mental Health Support Session



Vitahealth Menopause Well-Being Taster Session

Oak Centre, Bendbow Rise,

Braunstone, LE3 1QA,

Thursday 11th April

1pm - 2.30pm



Is the menopause impacting on your mental health? Come along and try Vitahealth's new Menopause support pathway

Come along and share your journey with like minded women. Don't want to share? Come along just as you are and simply listen to others

Refreshments and free guided meditation to help relax your body and mind and regulate hormones.