

Free Event



Leicester, Leicestershire
and Rutland
Talking Therapies

Menopause Matters

Join us at one of our roadshow events

When are the sessions?

-  Monday, 14th October
-  10:45-13:00
-  Whitwick & Coalville Leisure Centre



Whats on?

- 10:45 Welcome: with Vita Health Group
- 10:50 Let's talk menopause: with Jill from Menopause Awareness Service
- 11:10 Embrace your menopause taster session: with Vita Health Group
- 11:20 Active menopause: with Jess from Active Together
- 11:30 Aqua session
- 13:00 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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