

 International Women's Day

Friday 8th March 2024

MANAGING YOUR MENOPAUSE

9.30AM - 2.30PM

Are you struggling with reaching the Menopause ?
Do you feel you might experiencing Peri Menopausal
symptoms?

Know that you aren't alone!

Join the Stockport Women's Network Group for a day of
Speakers and Exhibitors who will offer you a helping
hand to manage your menopause.

Our engaging speakers will cover topics including:

- breathing techniques
- how to listen to your body's wisdom
- what nutrition and lifestyle choices can help ease your
menopause journey.

To book your FREE ticket, scan the QR code or
use this link: <https://www.trybooking.com/uk/DEFJ>



**Stockport War Memorial Art Gallery,
Wellington Road South, Stockport, SK3 8AB**

*Stockport Women's
Networking Group*