



Mindfulness and Relaxation for Menopause

- Is midlife making you miserable?
- Are menopause symptoms taking over your life?
- Do you find it hard to slow down?
- Come to this 90 minute taster to see how Mindfulness and Relaxation might help

17th April, Bredbury Library 7- 8.30pm

9th May, Hazel Grove Library 7-8.30pm

Book now! Contact:

ruth.rosselson@manchestermind.org

manchestermind.org/menopause-taster

All dates including 8 week courses here:

[Website: bit.ly/GMMindsmindful](https://bit.ly/GMMindsmindful)


in Greater Manchester
Local Minds working in partnership