



# Menopause in Mind

Are you menopausal, perimenopausal,  
or just not sure yet?

**Every Friday**

**10:00am – 12:00pm**

**Windmill Café, Stockport Homes,  
Cornerstone Building, SK1 3NQ\***

**Come and join our friendly peer support group!**

- ★ **Connect with other women**
- ★ **Talk openly & confidentially**
- ★ **Get information & support**
- ★ **Free tea & coffee, food available  
to purchase**

**CONNECT  
SHARE  
SUPPORT**

**Drop-in, or for more information please contact  
the Community Hub team on 0161 804 4416 or  
[communityhub@pureinnovations.co.uk](mailto:communityhub@pureinnovations.co.uk)**

**\*Find us behind the café counter**