



Mindfulness for Menopause Taster

Are you mystified by the menopause? Is midlife making you miserable? Do you find it hard to slow down?

Come to this 90 minute Mindfulness and Relaxation for Menopause taster

- 12th September, 6 - 7.30pm
Cheadle Library, Ashfield Road, Cheadle, SK8 1BB

Sign up now!

Ruth.Rosselson@manchestermind.org
Register and sign up:
bit.ly/Cheadlemenopausetaster

- Understand the link between stress and menopause symptoms
- Experience different techniques to help anxiety, and calm the body and mind
- Find out how mindfulness meditation can help.

 **mind**
in Greater Manchester
Local Minds working in partnership

www.gmmind.org.uk/menopause-project

Registered charity no. 219830