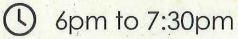
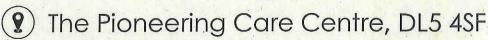
Embracing the Change

Your local menopause peer support group



First Thursday each month







Are you, or someone you know affected by menopause?

Come along to your local menopause peer support group!

Providing a safe space for women at any stage of menopause to come together, share experiences and coping strategies. Partners are also welcome.



Pioneering Care Centre Carers Way Pioneering Care Centre, Newton Aycliffe, DL5 4SF



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For further information on the Wellbeing for Life service Freephone: 0800 8766887 www.wellbeingforlife.net

