

# Experiencing Menopause?...



# ...so are 13million women worldwide. It's time to talk about Peri/Menopause.

Hot Spots is a hub for all things Menopause.  
A wellbeing explosion. A chance to come together,  
whether you're interested in or experiencing Peri/Menopause.



**Guest Speakers**

**Wellbeing Activities**

**Support**

**First Friday of each month**

**12:30 – 2:00pm**

**Interpreter on request**

**The Cabin**

**(in front of Balfron Tower)**

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