

HOT SPOTS

Menopause and Wellbeing Group

For all women experiencing the menopause

Grumpy

Sleepy

Itchy



*Moody &
Forgetful*

Bloated

Sweaty

HOT SPOTS

Menopause and Wellbeing Group

Upcoming Workshops for all Women, 12:30-2pm



1st September

Sleep Workshop (importance of sleep & tips to improve sleep quality)

6th October

Q&A with Dr. Sarah Pitkanen

3rd November

Healthy Cooking & Nutrition

The Brownfield Cabin
(in front of Balfron Tower)
82 St Leonard's Road, E14 0QU

Pop in or call The Cabin: 0203 069 7401
Email: jayne.clavering@poplarharca.co.uk

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