

HOT SPOTS

Menopause and Wellbeing Group

For all women experiencing the menopause

Grumpy

Sleepy

Itchy



*Moody &
Forgetful*

Bloated

Sweaty

Women, you're not alone!

*Menopause usually occurs in women aged between 45 and 55
1 in 100 women aged 40 are also affected*

Our sessions offer a huge range of opportunities for you to share your experiences and learn from others

Speakers

Wellbeing Activities

Support

First Friday of each month

Interpreter on request

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

Pop in or call The Cabin: 0203 069 4401
Email: jayne.clavering@poplarharca.co.uk

Supported by Tower Hamlets Public Health and The Mission Practice

