

MONDAY 30 JUNE, 7PM

GREAT WILBRAHAM MEMORIAL HALL

WOMEN'S HEALTH & WELLBEING TALK

Join us for an empowering and supportive evening where we'll break the silence around women's health and dive into the topics that matter most to you.

TOPICS WE WILL COVER

Pain & Periods: Understanding your cycle & what's normal and when to seek help.

Menopause: Navigating the transition with confidence

Self-Care: for emotional and physical health.

Q&A Session

**Dr Caroline
Cooper & Dr
Claire Gillvray**