

Embracing the Change

Your local menopause peer support group



First Thursday each month



6pm to 7:30pm



The Pioneering Care Centre, DL5 4SF



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

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