



# NWL ACTIVE MENOPAUSE PROGRAMME



A free physical activity and wellbeing programme to support women during perimenopause and menopause



**Q&A session by Lead Clinical Pharmacist, Anthony Singh**

**Tuesday 28<sup>th</sup> October 6.30 – 8pm  
Bright Hope House, Talbot Lane, Swannington LE67 8QT**

**Have you got questions on diagnosis, symptoms, HRT, alternative therapies?  
A chance to ask anything!**

**This session will be supported by the NWL Social Prescribing Team, who will be able to provide information on Menopause Clinics and other free programmes available to help with your wellbeing during menopause.**



**Scan the QR code or click on the link to book your free place:**

[Clinical Pharmacist Q&A](#)

Any questions? Email:  
[carengodsell@nwleicestershire.gov.uk](mailto:carengodsell@nwleicestershire.gov.uk)