

Menopause Expert Diane Danzebrink

AS SEEN ON



Invites you to join her for **UNDERSTANDING MENOPAUSE** Your Questions Answered

Did you know that ANXIETY, DEPRESSION, BRAIN FOG, PALPITATIONS, JOINT PAIN, ITCHY SKIN, FATIGUE, SLEEP ISSUES & RECURRENT UTIs can all be symptoms of the menopause?
It's not all about hot flushes, night sweats and periods stopping!

Diane will be joined by Jane Lewis author of Me & My Menopausal Vagina

If you would like to understand more including;

What menopause is - When menopause happens - Why menopause happens
Long term health considerations - Managing symptoms - Health and lifestyle
Myths of menopause - NICE guidelines - How to prepare for your GP appointment
Menopause and work - Menopause and relationships - Menopause and change.

Come and Join us

Orpen Memorial Hall
45-57 Lexden Rd, West Bergholt, Colchester CO6 3BG
Saturday 13th June 12.30 – 2.30pm
Tickets £15 available via Eventbrite
More Details via www.menopausesupport.co.uk
please note this is a women only event

Menopause
SUPPORT