

MENOPAUSE PEER SUPPORT GROUP

Supported by Swadlincote Health & Wellbeing Coaches



WHERE?

Swadlincote Fire Station Community Room

WHEN?

**Starts Wednesday May 10th 2 until 3.30pm
Every Wednesday for 6 weeks**

HOW DO I JOIN?

**Contact Amy, our Health and Wellbeing Coach at
amy.tidball@nhs.net or scan the QR code below:**

