



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

Healthy
Working
Life



Menopause Information Sessions



Join us for these 1-hour menopause information sessions delivered by qualified menopause coach Paula Appleton from Evergreen Active. Whether you're peri-menopause, post-menopause or just wondering what's ahead, these sessions will provide practical tips to try at home, myth-busting and honest answers all within a relaxed, confidential space from a coach with lived experience.

**Wednesday 11th, 18th
and 25th March from 1-2pm
The Arcade Pop Up,
The Princess of Wales Precinct,
Dewsbury WF13 1NH**

To book, please email: contact@s2r.org.uk

Suitable for ages 18+ only. Booking is essential.
For more information, please contact Cathy Deihim (Wellness Worker)
by emailing: cathy@s2r.org.uk or calling: 07729 262 741