Come and join us and learn more about the menopause

**Menopause Awareness Session for carers and people with learning disabilities**



Learn about how the menopause can affect women.

Understand how you can recognise some of the signs and symptoms.

This is your chance to ask any questions you might have.



Date and Venue

28th June 2022

St Andrews Church Hall, Kimbolton Road, Bedford, MK40 2PF (Holt Room) from 6.30pm- 8.30pm



Enjoy some refreshments

Please confirm your attendance via email to elft.-hfs@nhs.net by 17 June 2022 or ring Simone Mingay on 07833 294335.