

JOIN THE WORKSHOP

# MENOPAUSE WORKSHOPS

For those experiencing menopause or managing  
colleagues experiencing menopause

Join us along with Optima Health  
for an informative workshop  
around navigating menopause  
with your and your team's  
wellbeing in mind.



Scan the QR  
Code to RSVP

**Click a Date Below to Reserve Your Spot Today.**

**Morning Workshops: 10AM to 12PM | Afternoon Workshops: 1PM to 3PM**

**Steppingley Hospital: Wednesday 17th of April**

[Morning Workshop](#) | [Afternoon Workshop](#)

**Grove View Health Hub: Monday 22nd April**

[Morning Workshop](#) | [Afternoon Workshop](#)

**East Ham Care Centre: Monday 22nd of April**

[Morning Workshop](#) | [Afternoon Workshop](#)

**Beaumont House: Monday 20th of May**

[Morning Workshop](#) | [Afternoon Workshop](#)

**Newham Centre for Mental Health: Friday 24th of May**

[Morning Workshop](#) | [Afternoon Workshop](#)