

MENOPAUSE SUPPORT SESSIONS



EDUCATIONAL - SUPPORT - AWARENESS

CASTLE LEISURE CENTRE, BURY (ROOM D)

2025 SESSIONS

Get support and advice on topics such as:

HRT - Bone health - Nutrition - Sleep & Coping Strategies

Thursday 15 May - 12.30pm to 1.30pm

Tuesday 17 June - 7pm to 8pm

Thursday 24 July - 1pm to 2pm

Wednesday 13 August - 7pm to 8pm

Thursday 18 September - 1pm to 2pm

Wednesday 15 October - 7pm to 8pm

Thursday 20 November - 1pm to 2pm

Wednesday 17 December - 7pm to 8pm

NO NEED TO BOOK - JUST DROP IN!

livewell@bury.gov.uk