



Living Well with Menopause

A Holistic Wellbeing Event



Learn about
menopause symptoms



Workshops on
holistic menopause
management:
Diet, Supplements,
HRT, Exercise, Sleep,
Mental Health



Beginners strength
training session
*Suitable for all levels

Contact:
Bethany@thebha.org.uk
07586556308

Free Health Event
Saturday 7th
February
6pm - 9pm
Oldham Leisure
Centre,
Middleton Rd, OL9 6A

Book free ticket



For more information:
[www.thebha.org.uk/
menopauseevents](http://www.thebha.org.uk/menopauseevents)

