



Menopause Forum

working with SASH London **sash**

Come along to one, two or all three sessions.

15TH MAY

SESSION 1

What is the menopause?
Peer network support
Journaling / creative writing



Sands End Arts &
Community
Centre,
Peterborough
Road, SW6 3EZ

12TH JUNE

SESSION 2

Journaling / creative writing
GP Q&A
Nutrition advice



5.45PM - 7.15 PM

10TH JULY

SESSION 3

Activity / exercise
Breathing work
Menopause Champions

SIGN UP

**SCAN
ME!**



or you can email us
with your full name:
southfulham.pcn@nhs.net