

# MENOPAUSE CAFE



## JOIN OUR MONTHLY SUPPORT GROUP!

SHARE YOUR EXPERIENCES WITH WOMEN AT DIFFERENT STAGES OF THE PERIMENOPAUSE AND MENOPAUSE. EACH MONTH WE DISCUSS A VARIETY OF TOPICS AND WELCOME GUEST SPEAKERS.

Wednesday 21st February - 6.00 - 8.00pm

Wednesday 20th March - 6.00 - 8.00pm

Wednesday 24th April - 6.00 - 8.00pm



**KHL, Scott Street, Keighley**

Please call **01535 677177**, email **admin@khl.org.uk** or call in to reception to book.



Our sessions are inclusive to all ages and abilities (unless specified otherwise). Our groups are free, although if you can, we do ask for a small donation per class.