M POWER

We're hosting a monthly gathering to support each other with all things

MENOPAUSE

on the last Friday of each month at the Greenway Centre, Doncaster Road, BS10 5PY
time: 6 - 7:30pm
Next date: Friday 29th April

Join us and together we'll build a month by month plan of what to include:
Expert guest speakers? Health & wellbeing guidance? Activities & socials?
Food & nutrition help? Mutual support? Fitness advice?

All you need to do is let Lucille know you're coming so we've got numbers for space and refreshments -
tel: 07498 755 863
email: lucillesmith@southmead.org

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