

Let's Talk about Menopause

Free Information Session for Patients

Approaching the menopause can be a **confusing** and **worrying** time. For many women, menopause can feel like a **big change physically and mentally**.

If you think you might soon start experiencing **perimenopausal symptoms**, this is a **fantastic the opportunity** to hear from **Dr Madhavi Vellayan**, a leading Consultant in Gynaecology and menopause Specialist.

Whether you want to ask your own questions or simply listen to others ask theirs, this session will be full of helpful information, advice and signposting designed to **support you through your menopause journey**.



How can treatment and lifestyle choices help me through the menopause?



17:45 to 18:45

Wednesday 10th May

**Hadwen Health
Glevum Way, Abbeydale, GL4 4BL**

NO BOOKING REQUIRED

Can you tell me more about perimenopause and what to expect?

