NHS
North Cumbria Integrated Care
NHS Foundation Trust

Wellbeing in Menopause

Wigton Hospital Learning Space
22nd May 2024
4pm – 6pm

A free two hour session open to anyone registered with a GP practice in Keswick and Solway or in Eden.

Do you want to learn more about other women's experiences about the menopause, discuss symptoms, and listen to other women in a similar situation?

Our Wellbeing in Menopause Workshop is open to all women aged 18 or over in any stage of pre, peri and post menopause.

- What is the Menopause?
- Managing your Menopause
- Relationships
- Menopause Symptoms
- Lifestyle
- Menopause and Work

The course will be facilitated by one of our Wellbeing Activators and supported by one of our Living Well Coaches. We look forward to meeting you!

Please note, parking at Wigton Hospital can be very busy, but there is usually street partking off site if the car park is full.

For more information or to register your interest:

1. **Inform the Living Well Coach in your GP Surgery**
2. **Search for "Eventbrite North Cumbria Wellbeing Service" on the internet to book online.**
3. **Contact Hazel Stewart on 07917265287 or wellbeing@ncic.nhs.uk**
4. **Use the QR code.**

Safe, high quality care **every time**