

MENOPAUSE SUPPORT SESSIONS

EDUCATIONAL - SUPPORT - AWARENESS



Get support and advice on topics such as:

HRT - Bone health - Nutrition - Sleep & Coping Strategies

CASTLE LEISURE CENTRE, BURY (ROOM D)

2026 DATES NO NEED TO BOOK - JUST DROP IN!

Thursday 15 January - 1.00pm to 2.00pm

Wednesday 11 February - 7.00pm to 8.00pm

Thursday 12 March - 1.00pm to 2.00pm

Wednesday 8 April - 7.00pm to 8.00pm

Thursday 7 May - 1.00pm to 2.00pm

Wednesday 3 June - 7.00pm to 8.00pm

Thursday 2 July - 1.00pm to 2.00pm

Wednesday 30 July - 7.00pm to 8.00pm

Thursday 27 August - 1.00pm to 2.00pm

Wednesday 23 September - 7.00pm to 8.00pm

Thursday 22 October - 1.00pm to 2.00pm

Wednesday 18 November - 7.00pm to 8.00pm

Thursday 17 December - 1.00pm to 2.00pm

CONTACT US: LIVEWELL@BURY.GOV.UK