



WHARFEDALE, AIREDALE & CRAVEN

ALLIANCE

Lets Talk Menopause!

Peer support group with GP led talks on the first Thursday of the Month, facilitated by Mental Health Coach Helen Walker.

Next Talk:

Reflections on Wellbeing & Meditation for Menopause

Thursday 5th October at Springs Lane Medical Centre, Ilkley
6:30-7:30 pm

Limited places available

**Please contact
helen.walker@bradford.nhs.uk
for more information .**

To book your spot at the event, go to: www.eventbrite.co.uk