

Take Control of Your Menopause with a Smart Approach

Join us for a free talk, book handout and signing
at

Longton Library

Sutherland Institute, Lightwood Rd, Stoke-on-Trent ST3 4HY

Friday 12th May

2pm till 3:30pm

Agenda

2.00pm - 2.10pm	Introduction - menopause/effects/what women can do
2.10pm - 2.30pm	A range of treatments available
2.30pm - 2.45pm	Case studies of how women have overcome menopause - Inc. standard treatment/ yoga/complementary meds etc
2.45pm - 3.00pm	Q&As - 'clinical' etc
3.00pm	Digital aids: apps/video groups/websites
3.30pm	Close/further questions?

Book handout and signing

Authors:

Dr Ruth Chambers OBE
Professor June Keeling
Professor Fidelma O'Mahony
Dr Bala Sankarasubbu
Rachel Hatfield
Gabby Johnson

Paperback £5.99
Kindle £3.99

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how to deal with my
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some great advice!



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