Managing the Menopause Group Consultations

 

**Are you struggling with symptoms from the menopause?**

**Do you want support and information to help manage your symptoms and improve your overall health?**

Belvoir Health Group are running a new type of clinic initially for

women new to menopause and not currently on HRT.

The Group Consultation will focus on all there is to know about the menopause. Using a group of 10-15 patients we will take you through everything from recognising the symptoms through to the best ways to manage the menopause.

We will cover HRT, other medications, and lifestyle measures such as diet, exercise and sleep. You’ll not only learn from a GP but also from the experiences of each other.

If you are aged 45-60 and would like to take part in this group please speak to reception for more information and to book a place.

For more information go to our website; [Group Consultation Clinics - Belvoir Health Group](https://www.belvoirhealthgroup.co.uk/practice-information/group-consultation-clinics/)

**Thursday 22nd August 3.30 -5.45pm –** **Bingham Medical Centre**

**Thursday 19th September 2.30-5.30pm – Cotgrave Medical Centre**

**Thursday** **17th October 2.30 – 5.30 - Bingham Medical Centre**

**Thursday 21st November – 2.30 – 5.30pm – Bingham Medical Centre**