



SASA
WELLBEING HUB

JOIN US FOR OUR NEXT INFORMATIVE EVENT

Menopause Myth Buster

FREE TO ATTEND

Special Guest Speakers:

Teresa Wild, Women's Health Nurse at Shawbirch Medical Centre and Colleen Mullarkey, from Nourish Holistic Wellbeing

MONDAY 11TH MARCH

6:30-8pm, Admaston House, TF5 0BN

LIMITED SPACES SO PRE-BOOK AT
SASAWELLBEINGHUB@GMAIL.COM