

# Menopause Discussion Group



You are invited to our **Menopause Discussion Group**! Join us for a friendly conversation about menopause.



In this group, we will share experiences and talk about about the menopause together.



Your feedback will help professionals to improve their care and train others to provide support.



Your information will stay private. This means that nobody will know who you are.

# Menopause Discussion Group



Date: Tuesday, **January 27<sup>th</sup>, 2026**



Time: **10:30am to 12pm**



Place: **L'Arche Craft Shop**  
9-13 Norwood High Street, West  
Norwood, SE27 9HE



To find out more **phone 020 32 28 55 40 or 020 32 28 10 57** and ask to talk with Kiara or Beth