



**THE MIDDLEWOOD
PARTNERSHIP
INVITE YOU TO A**

Menopause Awareness Evening

Your opportunity to learn and talk about all things
menopause!

MEET THE HEART HEROES
& MENOPAUSE
CHAMPIONS

TALK FROM A
MIDDLEWOOD GP

YOGA & MINDFULNESS
DISCUSSION BY
ORANGE BLOOM

Dr. Fiona Ellison-Smith from the Middlewood Partnership will be delivering a talk specifically for patients who are not yet on HRT and would like to find out more.

Menopause Champion, Lisa Moss, and co-facilitator, Natalie Coomer, will be there to talk about Menopause Cafes, early onset menopause & other related topics.

Please email to book your place and find out more:

cmicb-cheshire.middlewood.events@nhs.net

You will receive a confirmation email to confirm your booking.

Alternatively, you can call the surgery and ask to speak with a Social Prescriber (Genevieve or Lynn), who will give you a call back to confirm your place.

We look forward to seeing you there!

THURS 14TH NOVEMBER 2024

6:00PM - 8:00PM

POYNTON METHODIST CHURCH