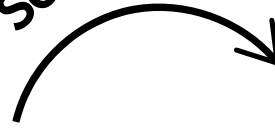


Scan me!



Pause - Time for a Change

Join our menopause support group

1st Thursday of the month

Education Centre at Queen's Hospital, Rom Valley Way, Romford
RM7 0AG

Join a **FREE, non-judgemental, welcoming community**

Speak to a **qualified Menopause Nurse**

Connect with other people going through the menopause

Trans, intersex, non-binary and people of other genders experiencing the menopause **are welcome.**

Pre-, peri- and post- menopausal people are welcome of all ages who are on their menopause journey.

Book your spot on Eventbrite using the QR code or link below.



livewellhavering.org.uk/menopausesupportgroup