

Join us at our free event where we share information on how to holistically manage life with menopause



**Menopause Awareness Event**

# 6pm – 8pm, Tuesday 19th September 2023

# Community Resource Training Suite, Shrewsbury Business Park, Shrewsbury SY2 6LG

# To book your free place for this event

Call **01743 360641** or

email [**enquiries@community-resource.org.uk**](mailto:enquiries@community-resource.org.uk)

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Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652487 and a Registered Charity 1096779

**An opportunity to learn more about the menopause, how it can affect you and how to look after yourself through this time of life.**

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**Your session includes:**

* A gentle, 30-minute yoga session
* Thought provoking information on the topic of menopause provided by **Angela Loughlin**, a menopause holistic coach from **Mbrace**, including:
* acknowledging the variety of

symptoms (not just hot flushes!)

* HRT
* how stress and hormones

impact our experience

* myth busting
* the importance of self-care
* An opportunity to ask questions

**About us**

Community Resource is a charity that is committed to making life better for people and communities facing challenges in Shropshire, Telford & Wrekin.

*A donation towards the work of our charity would be greatly appreciated.*

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