

MENOPAUSE AWARENESS EVENT

Every other Month from 7pm



Dates for the Diary
19/02/2026
16/04/2026
18/06/2026

This event is free to attend and is designed for women of all ages who are affected by perimenopause and menopause symptoms, with an opportunity to ask questions and share experiences.

The event is Hosted by the Fabulous Caroline who runs the local Menopause Café.

There will be light refreshments & friendly faces!

For more information, please email:
denmeadgrange@barchester.com

Denmead Grange Care Home

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