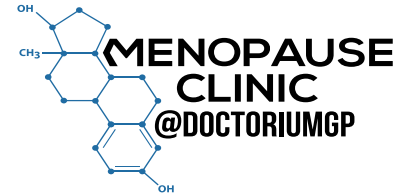


MenoPAU SE Wellness Course



MenoPAUSE

Dr Gemma Lewis from Doctorium GP is an NHS GP and a Women's health enthusiast. She is passionate about educating Women about their health.

Sunday 14th April 2023 10:00-12:30hrs or 14:00-16:30hrs £99pp

Little Habitat, Firs Farm nursery, Scropton Rd, Hatton, Derbyshire. **DE65 5PN**

Mid-life health and wellbeing



MenoPAUSE and relax.

From my experience as an NHS GP running both regular and Menopause clinics, I know a woman's midlife health can often take a back seat. We enter mid-life with the vague notion that at some point our periods will stop, we will suffer some symptoms, but we will push through it because that's what women do.

I invite you to come and invest in yourself. Come and take that education class on Perimenopause, mid-life health and well-being from someone who cares, has extensive experience and extra qualifications in Menopause and is passionate about putting women first. The half day course will be kept as a small group. I know these things are hard to talk about. Bring your friends or come alone and keep the focus on you.

What to expect

Arrival at 10:00 Drinks and informal introductions. 14:00 for afternoon sessions.

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| 30 mins | Menopause and Perimenopause introduction |
| 45 mins | Pick and Mix topics and focus on sleep. |
| 15 mins | Break and opportunity to ask anonymous questions. |
| 15mins | Intimate symptoms focus. |
| 30mins | Answers to anonymous questions |

What to bring with you

Bring Your worries about your mid-life health and your questions. You will have ample opportunity to ask questions throughout the informal course or anonymously.

Bring a pillow or cushion, blanket or eye mask. Anything which may allow you to be more comfortable during the optional relaxation session.

admin@doctariumgp.com for bookings and information.