

# WOMEN'S HEALTH EVENING



Let's make it about the  
mums for once!

Hormones  
Pelvic floors  
Nutrition  
Life!

With Jenna du Feu (Gynae physio) and Dr Jo Darwood  
(menopause and lifestyle medicine specialist)



17th Jan. 6:30 for 7pm start, School Dome  
£10 charity donation, payable via SIMS

