



E3 everybody

MENOPAUSE
cafe



At a **Menopause Café** people, often strangers, gather to eat cake, drink tea and discuss menopause.

Come and join the conversation. We look forward to meeting you!

Nantwich Leisure Centre
Wall Lane, Nantwich CW5 5LS

Starting back 13th January 2023

12.30pm - 2:00pm

**2nd & 4th Friday
of each month**

For more information please email
wellbeing@motherwellcheshirecio.com
or text Debs: 07496160939



www.motherwellcheshirecio.com