

# Menopause Awareness

Wednesday 18th October  
6.30pm - 8.00pm  
Hollin House Hotel

Free event



Contact [enquiries@bollington-tc.gov.uk](mailto:enquiries@bollington-tc.gov.uk)  
for transport availability

Speakers  
on  
menopause

Meet Middlewood  
GP & social  
prescribers

Talking  
therapies &  
employment  
support

Advice on  
health, sleep,  
nutrition and  
wellbeing