

MENO PAUSE

LET'S GET GOING

A FREE 6-week walking programme with specialist information and support.

Activities and advice to help you navigate through the menopause:

- **weekly walk (and talk)** - supported by trained leaders
- **understanding symptoms and treatments** - with a medical specialist
- **yoga for menopause** - to help manage emotional and physical symptoms
- **strength and conditioning for menopause** - suitable for all abilities

For more information and to book, please scan the QR code or email enquiries@fitmums.org.uk



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