



Places  
Leisure

Part of Places for People

Because Community Matters

Loughton Leisure Centre

# Move through menopause

Proudly working in partnership with



Learn how to manage your menopause through sharing experiences with like-minded women



Weekly active sessions with trained menopause professionals who will provide insight and techniques to benefit your every day



Enjoy a complimentary 12 week membership to practice techniques shared within the course



Scan the QR code  
to find out more



[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

Managed by Places for People Leisure Ltd  
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