

# Menopause Café

Struggling with the menopause  
and can't have HRT?

**Join us on the last Thursday  
of every month in our  
Therapy & Wellbeing Centre**

**Time:**

5 pm - 6.30 pm

**Location:**

Therapy &  
Wellbeing Centre,  
ST16 3SB



If you would  
like any more  
information please  
call us on  
**01785 270832**

katharine  
house  
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[www.khhospice.org.uk](http://www.khhospice.org.uk)

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