



Lancashire &  
South Cumbria  
PRIMARY CARE TRAINING HUB

# Menopause DROP IN



*Join us to connect  
with others*

Connecting is one of the 5 ways to wellbeing.

We are hosting quarterly menopause drop in sessions to offer a support network to those experiencing menopausal symptoms or who are going through the menopause.

This is not a formal session but just a drop in to chat and share experiences; good or bad. We are delighted to be joined by Claire Morgan (GPN) from Library House Surgery who has a special interest in women's health

Please have access to a microphone and camera to ensure maximum interaction

**15th July 1-2pm, 22nd October 1-2pm, 3rd December 1-2pm**

[Click to book](#)