



# Menopause - Your questions answered

We are delighted to be hosting our first Menopause information course.

## Key Topics

**Nutrition | Exercise | Mindset  
Sleep | Meditation | HRT**

**Thurs 2nd/9th/16th  
November 2023**

**5:30pm-8:30pm**

(must attend all 3 dates)

**New York Stadium,  
Level 4, Goal Zone**



**Limited Places** - To book either scan the **QR code**,  
or email [health@rotherhamunited.net](mailto:health@rotherhamunited.net)

**SCAN  
ME**



Putting **Rotherham United F.C.** into the **heart** of the **community**



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