

# #World Menopause Day

## Tuesday 18 October

Creative Responses to the Menopause

morning:

**Tuesday 18 October, 10.30am-12.30pm**

Collage with Aysha Yilmaz

Paddle Fans with Helen Clare

Mindful Art with Steffie ElHassan

afternoon:

**Tuesday 18 October, 2-4pm**

Creative Writing with Helen Clare

**Friday 21 October, 10am-12.30pm**

Yoga and Meditation with Sara Domville

To book your FREE place visit:

<https://bit.ly/world-menopause-creative>

For more information email Claire:

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