

World Menopause Day

Tuesday 18 October

10am to 3pm, Oasis Centre

Theme is Cognition and Mood

Throughout the day we will be live streaming the HLOW Menopause presentation.

Programme includes HRT, cognition/mood, lifestyle changes ,questions and answers.

See the HLOW poster for further details

Information stands for staff to access will include dietician, wellbeing team , Oasis team.

Refreshments will also be available.

Any questions please contact the being.well@porthosp.nhs.uk inbox.

This event is for staff only.