

Change for the Better



Free event for women of all ages
24th September 2013– Bulkington.

What does the menopause mean to women with
learning disabilities and their carers?

This event will give women a chance to learn how to
cope with their symptoms and have a more positive
view of their lives.

Workshops include:

Breast care

Mood & Food

Relaxation

Relationships

Exercise

Mini health checks

Includes free lunch and chance to have a little bit of
pampering.

To book your place:

<http://changeformthebetter.eventbrite.co.uk>

Event supported by:



Coventry and Warwickshire 
Partnership Trust



Ratcliffe Consultancy

ASDA

Richard Cadbury Charitable Trust