



Advocacy, Awareness, Information, Support

INVITATION

Navigate menopause with confidence. You don't have to go through this alone. Join us for an evening of shared experiences, expert advice, and genuine connection with our friendly support group on:

THURSDAY 3 December 2026

From 7.00 pm to 9.00 pm

at

The Nelson club, 21 Charles Street, Warwick, CV34 5LE

THE EVENT IS FREE TO ATTEND

OUR THEME THIS EVENING IS

SHOW AND TELL

We feel that the lived experiences of women who are about to, are going through, or feel they have gone through the menopause, are vitally important. The theme of the evening will be "Share and Tell". We shall be inviting attendees to share their menopause experiences and bring examples of gadgets, therapies, products etc that have helped them with their symptoms. We hope that there will be many things to share and tell but those who would just like to hear what others have to say will be welcome as well.

We are still finalising arrangements for this, and an invitation will be sent in due course in the usual way. In the meantime, if you would like to register to attend, please let us know and if you do have something to share or tell please include that in your message.

As usual our team will be on hand to answer your general questions on perimenopause and menopause at the end of the evening

If you would like to attend, please email us at
info@actionmenopausewarwickshire.org.uk

www.actionmenopausewarwickshire.org.uk