





Westminster

**Talking Therapies** 

Working together for your wellbeing

## Free MENOPAUSE Health event



**Join us** for a free and informative event exploring the menopause.

**Hear from** experts with specialist experience in treating a range of menopause symptoms.

**Enjoy** yoga, hand massage and refreshments!

## **GUEST SPEAKERS**

Dr Shree Datta, Obstetrician Dr Fiona Kennedy, GP Dominic Haigh, Nutritionist Ivana Ladan, CBT Therapist

**EVENT DETAILS** 

Wednesday, 19th March 12pm – 4pm

Beethoven Centre, Third Ave, London, W10 4JL

For further information, please contact Gina at gina.casserly@nhs.net