



WOMEN'S HEALTH

Community information sessions

MENOPAUSE & PERIMENOPAUSE

Join us for a light supper in Alexandra or for an online conversation as we talk menopause in Murrindindi Shire

ALEXANDRA SESSION

Alexandra RSL, 44 Grant St

6:00pm, Wed 8 July

Register via QR code
or visit:

bit.ly/her_health



ONLINE SESSION

Online on Teams

6:30pm, Thurs 2 July

Register via QR code
or visit:

bit.ly/her_healthonline

