Leylands Medical Centre

WOMEN'S WELLNESS AFTERNOON

LEYLANDS MEDICAL CENTRE

THURSDAY 8TH JUNE 1-4PM

Are you feeling tired, worn out, struggling with menopause symptoms?

Come along to see how you can feel better and energised.

Focusing on diet, lifestyle and social changes that can impact how you feel.

Supported by Beth Hughes nutrition, Yasmin Haq from Bradford Physiotherapy Clinic and Hale Social prescribers.

Hosted by Dr Helen Moor with help from Dr Baker, Dr Shafiq and Gabby Hollingshead.

BETH HUGHES nutrition

Bradford Physiotherapy Clinic Ltd

HALE Health Action Local Engagement