



## Hot flushes, tiredness, mood changes?

Many of these symptoms could be related to the menopause?

### FREE ADVICE SESSION

**\*Menopause – advice and Q+A with a local GP\***

Your local GP team are offering **group consultations** to give you the information you need to understand the menopause and consider the options available to you including HRT. There will also be an opportunity to ask questions and get the advice you need.

If you are interested in attending, we have groups running on the following dates and times at the Health Hub in Festival Place. **Appointments can be booked by calling the booking line 0333 332 0855**

#### **Saturday 04/02/23**

0900 – 0945  
1000 – 1045  
1100 – 1145  
1300 – 1345

#### **Saturday 11/02/23**

0900 – 0945  
1000 – 1045  
1100 – 1145  
1300 – 1345

#### **Saturday 18/02/23**

0900 – 0945  
1000 – 1045  
1100 – 1145  
1300 – 1345

#### **Saturday 25/02/23**

0900 – 0945  
1000 – 1045  
1100 – 1145  
1300 – 1345

Information about how to get to the site can be found at <https://www.thehealthhubasingstoke.co.uk/>

