

Menopause Café

A quarterly drop-in support and information group, run by Persona staff for everyone.

Where & when?

**Microsoft Teams
at 2pm on the
2nd Wednesday
of April, July, October &
January**

tinyurl.com/menopausecafe



Who's it for?

**Staff & people we
support are
welcome, whether
it's you or a loved
one who's
affected,
or you just want
some information.**

Why?

**We will all be impacted when we, our partners, family,
friends, colleagues or people we support
experience menopause.**

**It's time to remove the stigma from this life stage &
learn how to support ourselves & others to thrive.**



Connect

**Keep
Learning**

**Give to
Others**

Persona
We're all about you