

Indian Society of South West Wales Mela Festival 2024

Come along to the Mela Festival

A Menopause workshop, aimed at breaking down the stigma around menopause and increasing awareness of the impact of the menopause on those experiencing it, their family, friends, and their colleagues will be held in **the Lord Mayor's Parlour at 2-3 PM at Brangwyn Hall Swansea**

The Menopause workshop is a discussion group, open to all ages and genders.

The workshop will be led & facilitated by Dr Manju Nair, Dr Rachel Churm & Chantal Patel

The Menopause Workshop is an opportunity for everyone who wants to talk about the menopause, to share their stories, experiences, and questions.

