

Embrace the change...

A seminar about perimenopause,
menopause and beyond

Leading, local health professionals will explore the physical and mental health changes during perimenopause, menopause and beyond, and discuss how to manage these changes and thrive! They will discuss common pelvic floor conditions and how to prevent them, preventing Osteoporosis and mental health changes.

PRESENTERS



MICHELLE CROWTHER
Continence & Pelvic Floor
Physiotherapist



ANGELA SCANLON
Counselling Psychologist
at Evergreen Psychology

International Women's Day

Friday 7th of March, Time: 1PM

Balla Balla Community Centre, Clyde North

Scan QR code
to book



[https://ballaballa.com.au/
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embrace-the-change/](https://ballaballa.com.au/international-womens-day-embrace-the-change/)

FREE

