



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Menopause Café 2023

**A safe, accessible, and informal
virtual space to connect with others.**

January

24

12:30-2pm

Special Session on Diet and the
Menopause delivered by our
Dietetics Team

February

13

12-1pm

Menopause Café

March

30

1-2pm

Special Psychological Wellbeing
Session with Suzanne Tarrant

Cuppa and Catch Up – Withybush
General Hospital / Prince Phillip
General Hospital

June

9

11-12pm

September

5

2-3pm

Menopause Café

World Menopause Day Activities to
include Q&A session with an expert
panel

October

18

12-1pm

December

14

3-4pm

Menopause Café End of Year
Celebration

**For more information contact
inclusion.HDD@wales.nhs.uk**

