



Places
Leisure

Part of Places for People

Because Community Matters



Proudly working in
partnership with



Move Through Menopause

at Loddon Valley & Wokingham Leisure Centre



Participants can learn how to manage your menopause through sharing experiences with like-minded women



Weekly active sessions with trained menopause professionals who will provide insight and techniques to benefit your every day



Enjoy a complimentary 12 week membership to practice techniques shared within the course

Participants on our previous Move Through Menopause courses have reported*:

- **18%** decrease in the severity of menopause symptoms
- **11%** decrease in severity of somatic symptoms
- **36%** decrease in the severity of psychological symptoms

Course locations:

[Loddon Valley course details](#)



[Wokingham course details](#)



Please note participants can be self referred or referred by the [GP referral form](#)



WOKINGHAM
BOROUGH COUNCIL

Operated by Places for People Leisure Ltd.