

My Menopause



Age UK Sunderland along with Better Mental Health are supporting women on their **Menopause Journey to get more active through exercise and mindfulness.**

Whether you are **Peri-menopause, Menopause** or **Post menopause** you are invited to come along and take part in Age UK Sunderland's **FREE** 10 week **My Menopause exercise & mindfulness** course.

Activities include:

- **Mindfulness**
- **Meditation**
- **Pilates**
- **Dance Fit**



Come and join in we would love to see you at our sessions. Sessions commence **11th July 2022** and take place on:

Monday 15:30 to 16:30
at Doxford Park Community Centre,
Mill Hill Road, Sunderland SR3 2ND

To register to take part in this activity, or if you would like more information please contact the ActivAge team. You can contact us via:
Tel: **0191 514 1131**, or Email: activage@ageuksunderland.org.uk

Find time to support yourself to have a Happy and Healthy Menopause!

This course has been created for women who are **Peri-menopause, Menopause** and **Post-menopause**, with the intention of providing participants with positive, enjoyable experiences to aid motivation and to introduce skills to improve their overall wellbeing during a time when their body is undergoing hormonal change.

Activities include:

- **General mobility actions (stretching, balance, control, co-ordination, cardio)**
- **Dance based movement to music**
- **Pilates fundamentals**
- **Exercises for pelvic floor health**
- **Mindfulness (sensory activities, breath work and relaxation)**
- **Meditation (guided imagery and relaxation)**

Register for this activity and you will be entered into a **FREE PRIZE DRAW**, prizes include:

ASAKUKI Essential Oil Diffuser with 8 Pure Essential Oils

ASAKUKI Premium Essential Oils Set, 12 Oils per set

All participants will receive a copy of Mindfulness Activities for Adults

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