

# Improve your Health and Wellbeing



Lancashire  
Adult Learning

**FREE ONLINE EVENT**

## Managing the Menopause in Life and Work

**Tuesday 25th April 2023, 6pm–8pm**

Learn more about the menopause and discover some helpful tips and tricks to make the journey smoother. Find out more about the fantastic free health & wellbeing courses coming up to help you.

**Book your place now! at: [www.lal.ac.uk](http://www.lal.ac.uk)**