



20th Nov 2025 PERIMENOPAUSE WORKSHOP

*Support for the
perimenopause transition*

Interactive education over a 2.5-hour workshop with the latest research, for 35-year-olds+ who will experience perimenopause.

Shared experiences with connection and collaboration in a trauma-informed, safe and inclusive environment.

The provision of a holistic approach and resources to navigate perimenopause/menopause.

Small group size for more in-depth discussions, relaxation, laughter, and camaraderie.

Handouts and resources to take home.

6.30-9.00pm

Location:
New Plymouth

\$45 per participant.
Light refreshments
provided

LGBTQAI+ friendly



www.angelaroberts.nz
027 3562 600

nzangelaroberts@gmail.com

Brought to you by:

Angela Roberts,
(NZROT, PGDip SXLGY)

Sexologist/
Occupational Therapist/
Menstrual Educator

