



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



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Brought to you by:

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