

PERIMENOPAUSE/MENOPAUSE TALK

PERIMENOPAUSE/MENOPAUSE AND MENTAL HEALTH

UNDERSTANDING THE EMOTIONAL IMPACT OF HORMONAL CHANGE

Are you experiencing mood swings, anxiety or
brain fog
you're not alone-support is available

Join us for an informative and supportive talk
on how menopause can affect your mental
wellbeing

Practical coping strategies and treatments

Adamstown Community Centre
Lucan K78E7F8

Monday 18.05.2026
from 7 30 PM

Carla Mc Elwee SRN



Healthy

South Dublin