

# The Mighty Oaks!

*Why not take some time to reflect on some of the resources from the Meno & Pause Co-lab cafes!*

On the 14th of April Dr Wendy Knoops shared her story!  
Please follow the link below or scan the QR code:  
<https://www.youtube.com/watch?v=1QuHQCReFXQ>



On the 16th of June, Nonye presented on nutrition! Please follow the link below or scan the QR code:  
<https://youtu.be/ADjmcT-WI9k>



After this the chef at Pittodrie went through the lovely buffet he had created for everyone! Please follow the link below or scan the QR code:  
<https://youtu.be/MueDmcXGVeM>

