

The Mighty Oaks Menopause Health Walk

Starts from Powis Community
Centre every second Wednesday
from the 6th of March at 1730pm.

Why not come along and chat to individuals
who have also been affected by menopause.
Once the walk is over please feel free to join us
for a cuppa at Powis Community Centre.

For more information please email:
swsc@aberdeencity.gov.uk or call Powis CC on: 01224 483203

