

MENOPAUSE



WOULD YOU LIKE TO KNOW MORE ABOUT THE MENOPAUSE?

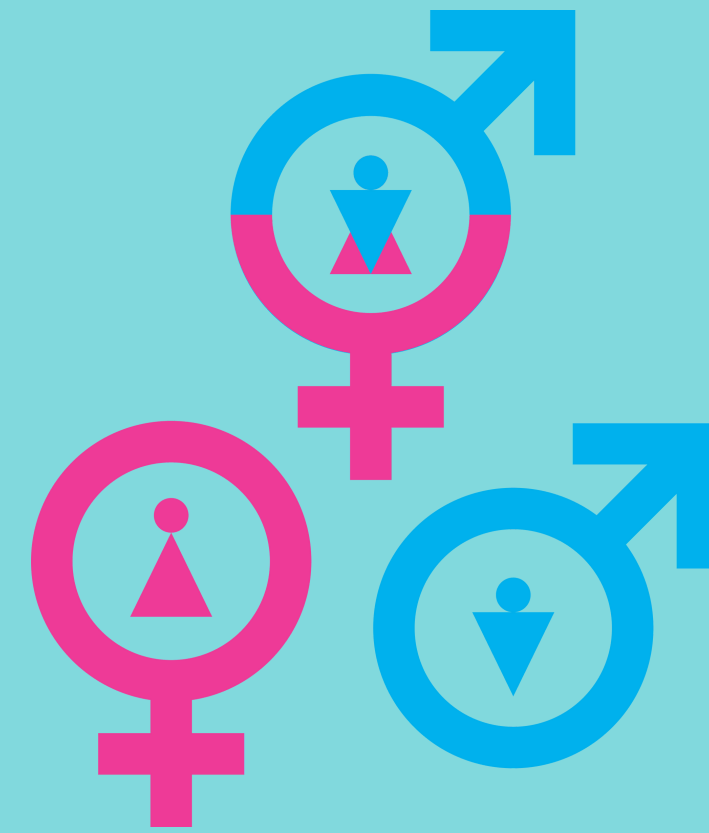
Answers to questions like;

- What is the Menopause?
- What are the symptoms?
- How can I manage the symptoms?
- What treatments are available?
- Is HRT safe?



JOIN US AT ONE OF THE MENOPAUSE AWARENESS SESSIONS RUN BY AN ADVANCED NURSE PRACTITIONER.

For more information or to attend please contact us on;



HOFFECH CHI WYBOD MWYAM Y MENOPOS?

Atebion i gwestiynau fel;

- Beth yw'r Menopôs?
- Beth yw'r symptomau?
- Sut alla i reoli'r symptomau?
- Pa driniaethau sydd ar gael?
- A yw HRT yn ddiogel?



YMUNWCH Â NI YN UN O'R SESIYNAU YMWYBYDDIAETH MENOPOS A GYNHELIR GAN YMARFERYDD NYRSIO UWCH.

Fi gael rhagor o wybodaeth neu i fynychu, cysylltwch â ni ar;