



CELEBRATING WORLD MENOPAUSE MONTH

SATURDAY 26TH OCTOBER 2024

11AM TO 6PM

DOWNHAM MARKET TOWN HALL

EARLY BIRD OFFER £45 (CLOSES 30TH SEPTEMBER THEN £55)

INCLUDES AFTERNOON REFRESHMENTS

DIRECTIONS TO TOWN HALL

Bridge St, Downham Market PE38 9DW

<https://maps.app.goo.gl/AixPaNx4qchTae5BA>

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Agenda

11:00 - 11:30

Welcome

Arrive, sign in and relax with a cuppa before we start!

11:30 - 12:45

Weight gain in Menopause

Jane @Nutrition Norfolk

Hormone health and weight gain is influenced by nutrition and lifestyle factors more than anything else.

As a Functional Medicine Nutritionist, I will show you how you can change these with what and when you eat:

- Blood sugar management
- A good oil intake
- Special supportive nutrients
- Supporting the biochemical detoxification pathways for safe oestrogen management - and more...

Recipes, tasters and Top Tips will all be available for you



13:00 - 14:00

Fitness Pilates

Frances Rayner Fitness & Wellbeing Coach

An easy session introducing you to Fitness Pilates. A great workout for beginners and the more experienced giving you the opportunity to stretch and understand the benefits of movement to the menopausal/midlife body.

Please bring a mat.

Suitable for all abilities.

14:00 - 14:45

Afternoon refreshments

Light refreshments served. A bit of sweet and a bit of savoury along with coffee and tea will be available. These will be individually boxed so easy to take home if you are not ready to eat.

14:45 - 15:45

The Menopause Mind

Nicky Roger The Mind Coach

“Feeling ‘meh’ physically is super common in mid-life. But often during peri/menopause it’s our mind that gives us the real challenge.

From diminishing confidence, increasing self-doubt, shaky self-worth and plummeting self-esteem to endless overwhelm, emotional overload and lack of self-efficacy - the list of mental issues we are tackling goes on. Often, we don’t even recognise ourselves anymore!

But we don’t have to learn to live with it. Come and learn how to take back control of your mind for a better - and even joyful - midlife journey.”



15:45 - 16:15

Question Time

Frances Rayner Fitness & Wellbeing Coach

You will be given the opportunity to write down your Menopause questions throughout the sessions. These will be collected up and responded to by Frances Rayner during this quick session.

16:30 - 18:00

Sound Bath with Robyn Wren Sacred Sounds

Robyn Wren Sacred Sounds

Melissa of RobynWren Sacred Sounds, a Sound Healing Practitioner & Holistic Therapist will start the session with a short chat on what to expect from a soundbath and how they can be of particular support through the peri and menopause transitions in our lives.

We will then follow with a simple guided breathwork and meditation, which will lead into a gently holding journey with sound.

You will be guided through the whole event so this is suitable for those who haven't experienced a soundbath before as well as welcoming those who have.

Contra-indications for the soundbath are - Sound induced epilepsy, severe sleep apnoea, & an acute mental health condition.

What you need for the soundbath - at least one thick yoga mat or something for you to be comfortable with laying on the floor for approx an hour.

2 Pillows/cushions, 1 for your head & 1 for your under your knees (important)

Blanket & bottle of water, eye mask if preferred.



18.00

Close

Frances Rayner Fitness & Wellbeing Coach
