

Dear All,



St. Michael's House are
having a Menopause
Information Morning



We are inviting women
over 40 years old to attend



We will talk about

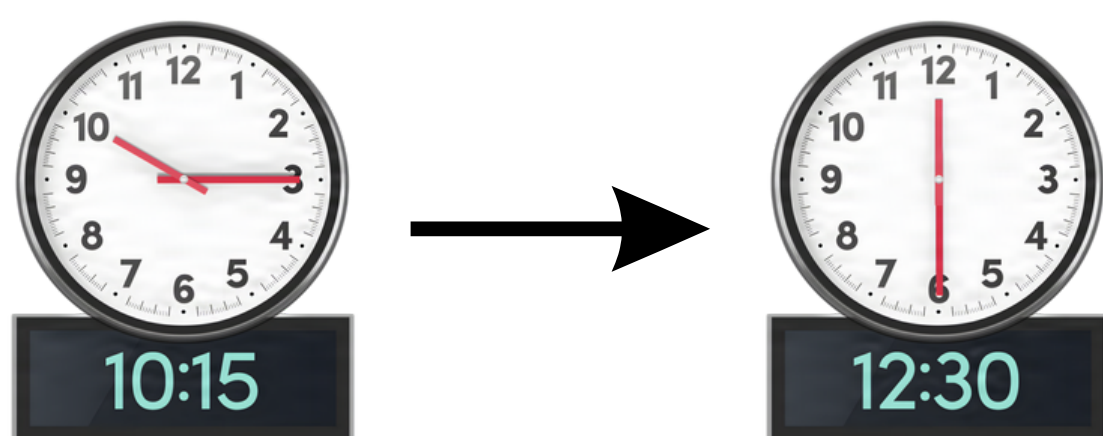
- Menopause
- Women's Health
- Looking after yourself
as you get older



There will be presentations
from guest speakers



It will take place on
Thursday 15 October 2026



10:15am to 12:30pm



It will be in
Ballymun Canteen in
Ballymun Head Office



There will be time to ask
questions



There will be tea, coffee and cake



To book your place,
email Amy at
amy.johnson@smh.ie by
9 October 2026



We are looking forward to
seeing you there.