

WOMEN'S WELLNESS WORKSHOP

Women Experiencing Perimenopause and Menopause

Join us for a full-day workshop designed to support women navigating the changes of perimenopause and menopause. Learn, share, and connect in a welcoming and informative environment.



Date: Tuesday, December 2, 2025

Time: 9:00AM – 3:00PM

Location: Merrickville Legion, 223 Main St.

**REGISTER
NOW!**

CALL CATHY @
613-269-3400 EXT. 233



Rideau Community
Health Services

LUNCH AND SNACKS PROVIDED!