



**WOMEN'S
HEALTH
MATTERS**



WOMEN'S HEALTH WEEK

JULY 7-13 2025



**Workshops, chats, and feel-good activities
— tackling the topics we're told to whisper about.**



**Nottingham
Women's Centre**

come on in

Holland & Barrett



**WELLBEING
OF WOMEN**

WOMEN'S HEALTH WEEK PROGRAMME



DATE	ACTIVITY	TIME	LED BY
Monday 7 July	Walk for Wellbeing Clear the mind, breathe and heal.	11am	Paula & Kelly
Tuesday 8 July	Feel Good with Food Support your body, boost your energy, feel good every day.	11.30am-1pm	Catherine Smith
	Right Mind Fitness Taster Session A friendly women's fitness class tailored to ALL abilities	11-12noon	Notts County Foundation
Wednesday 9 July	Ovarian Cancer Workshop Learn about symptoms, risks and early detection for ovarian cancer.	11am -12noon	Robin Cancer Trust
	Smear Testing Workshop Everything you need to know about smear tests and cervical health.	12-12.30pm	NHS Representative
	Menopause Matters Own your journey with strength, knowledge, and self-care.	12.30- 2pm	NHS Gynaecologist
	Endometriosis: Learn and Thrive Understanding symptoms, treatment options and support available.	6-7.30pm <i>Online Webinar</i>	Notts Endometriosis UK Support Group & NHS Gynaecologist
Thursday 10 July	Crafty Club Create together, have fun and have a go at making something!	1-3pm	Vicky and Tian
Friday 11 July	Healthy Spine Build sustainable habits to maintain a healthy back.	2-3.30pm	Natalia Zasiadko
	Understanding Abortion Care A safe space to discuss care and support around abortion.	6-7.30pm <i>Online Webinar</i>	Dr Sanya Kurmani

TO SIGN UP: Email NWC_reception@nottinghamwomenscentre.com, call 0115 941 1475 or simply speak to them if you are in the Centre.



Please scan here for more or visit
nwcentre.com/whm



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