The Menopause Network invites you to meet...

Diane Danzebrink

Thursday 26th January
12.30-1.30pm
B400 Hutton Hub

Diane is a member of the British Menopause Society Women’s Voices Involvement Panel and an ambassador for the British Menopause Society.

Sleep related problems can be an issue for some women going through the menopause. Diane is trained in Yoga Nidra which is a guided meditation technique that can reduce stress and anxiety and promote more restful sleep.

Diane will guide us through a short meditation followed by a Q&A session.

For further details and to register please email Tina Saunders (t.saunders@herts.ac.uk) or Sue Davies (s.l.davies@herts.ac.uk)