



Women's Health After 40

A fun, friendly community event for women of all backgrounds!

Join us for an inspiring and relaxed afternoon focused on health, wellbeing, and connection.

What's Happening:

- Dr Anwar from Lister Lane Surgery will be joining us for informal chats about women's health and wellbeing.
- Light refreshments and snacks will be served — come enjoy a cuppa and conversation!
- First 30 people will receive a FREE goodie bag!

We've had amazing feedback from past events — women have found them enjoyable, empowering, and full of useful information!

Let's come together to celebrate women, community, and self-care. You'll leave feeling uplifted, informed, and connected.



We listened to your feedback, session now held on a Saturday!

Date: Saturday 22nd November

Time: 1 pm - 3 pm

Venue: Apna Staying Well Hub, Hanson Lane Enterprise Centre, Halifax, HX1 5PG