

What's on March 2024

Celebrating all women, always.

adora 

We like to move it, move it! with Kate Rowe-Ham & Ann O'Neill

Benefits of strength training and
movement in menopause.

Tuesday 5th March
12.30–1.15pm GMT



Peri-menopause, Menstrual health and HRT with Dr. Karen Morton & Ann O'Neill

Discover how and why your periods
change and what can help.

Tuesday 19th March
12.30–1.15pm GMT



Free Tanya Borowski Recipe ebook

For everyone who
downloads the Adora
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