

20th January 2026

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre

Drop in Between 9.30 – 4.00pm

Join us for a host of talks & stalls to support
your Menstrual Health.



ENDOMETRIOSIS UK

QUARRIERS

THE
**PERIOD
PLACE**



**Grampian
Women's Aid**

**Chest Heart &
Stroke Scotland**

**sport
aberdeen**

Time	Talks
10:30	Woman's Health- What your GP can do for you
11:00	Problems Periods: What's best for me?
11:30	Simple steps to prevent & manage Bladder Leakage and Vaginal Prolapse
12:00	Managing Chronic Pelvic Pain
13:30	Taking Control of your Menopause
14:00	Pharmacy First for Women
14:30	A Guide to Contraception
15:00	Endometriosis - Diagnosis, Referral Pathway & Treatments

**Seated Pilates
12.30 – 1.30**



**Teddy Bear
Hospital**
A place to take
your child for play
between sessions &
meet Pipkin our
Wellbeing Bunny

**Free
refreshments
in our
Community
Cafe**



To secure a place
on a talk, please
book by calling

**08085
202030**