

# LET'S TALK

## INTRODUCING... WELLBEING TALKS

*Launching the new Wellbeing Talks, taking place the last Thursday of every month and will cover wide ranging topics from Sleep, Migraine, Menopause to Financial Support and more!.*

### UPCOMING SESSIONS

#### OCTOBER

Managing Menopause with Dr Atiyah Kamran,  
Menopause Specialist NHS Grampian.

#### NOVEMBER

Understanding Sleep with Dr. Dimitri Gavriloff,  
Sleep Expert, Big Health.

#### DECEMBER

Migraine Awareness with Dr. David Watson,  
Headache Specialist, NHS Grampian.

For further information and to register for any of the drop in sessions, please email [gram.wcd@nhs.scot](mailto:gram.wcd@nhs.scot)

