



# Peppy™

## Menopause Events Calendar December 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Sat / Sun

●	●	1 surviving Santa - managing symptoms & stress over Christmas. 19:30	2	3	4	5
6	7	8 Understanding the menopause 19:30	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	●	●

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