

FREE
TALK

INTERNATIONAL WOMEN'S DAY

Women's Health Event

Join our women's health experts as we discuss how to take control of your body to enhance your everyday life and maximise performance.

TUESDAY 26th MARCH 2024 | 7:00PM

NEWBURY RUGBY CLUB, MONKS LANE, NEWBURY RG14 7RW

Metabolism | Menstrual Function | Menopause | Maternity |
RED-S | Cardiovascular and psychological health



RESERVE YOUR FREE PLACE: EMAIL RECEPTION@NEWBURYRFC.ORG.UK