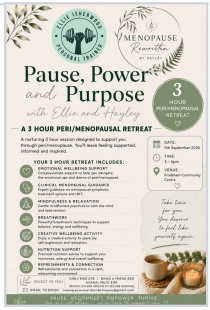
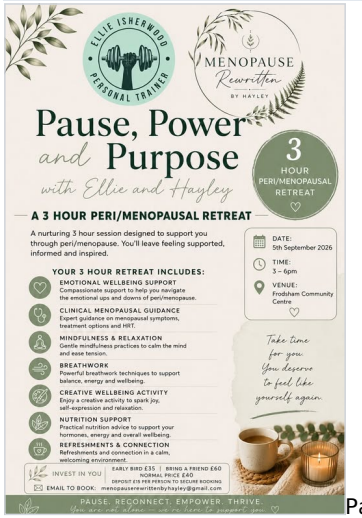
Pause, Power and Purpose

Event - Pause, Power and Purpose ↻

Title	Pause, Power and Purpose
When	Sat, 5. September 2026, 15:00 h - 18:00 h



Description

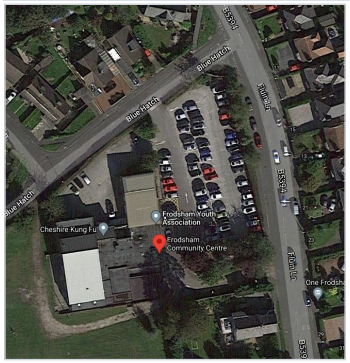


Pause, Power and Purpose - a 3 hour Peri/Menopausal Retreat
Email menopauserewrittenbyhayley@gmail.com

Venue - Frodsham Community Centre

Location	Frodsham Community Centre
Website	https://centre.frodcomm.org.uk/

Description



We are situated between Blue Hatch and The Willows towards the bottom of Fluin Lane in Frodsham. For those with Sat Nav the Postcode is WA6 7QN.

From the M56 junction 12 follow the signs for Frodsham. At the traffic lights cross the swing bridge over the River Weaver. You will then be on Sutton Causeway leading to Bridge Lane. Continue for 800 yards passed the zebra crossing and under the pedestrian footbridge then turn left into Fluin lane.

The Community Centre is 200 yards up the hill on the right side of the road in the area on the map between Blue Hatch and The Willows.

{google_map}Frodsham Community Centre, Fluin Lane, Frodsham, WA6 7QN{/google_map}