



FlourisHER
Women's Wellbeing Hub



Her-Place
Charitable Trust

HER *Health* Hub

Information, Support, Guidance. All in one place.

HER Health Hub is your go-to-space for reliable information, support and guidance on your health and wellbeing at every stage of life.

Topics that matter.

- Periods
- Menopause
- PMDD
- PMOS
- Endometriosis
- and more!



**Scan QR code
to visit site**



www.Fleuris-her.co.uk

**More than information, we are
here to support you.**

- How to advocate for yourself
- Tracking your symptoms
- Self Care
- and many more!

