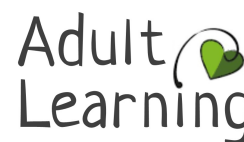


# Adult Learning - Course Information Sheet



## NLP02 - Perimenopause & Menopause Sleep Suppo

**Virtual Classroom - Google Classroom**  
classroom.google.com

Start Date: 04 November 2026

End Date: 18 November 2026

Start Time: 10:00AM

End Time: 12:00PM

Day: Wednesday

Sessions: 3

Tutor: Mrs Gelsomina Galdieri

ZZ99 9ZZ

**Room** Virtual Classroom - Google Cla

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

Adult Learning Service  
Support Service Team  
Email - [AdultLearning@northnorthants.gov.uk](mailto:AdultLearning@northnorthants.gov.uk)



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Northamptonshire  
Council



West  
Northamptonshire  
Council