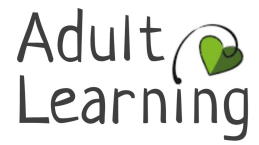


# Adult Learning - Course Information Sheet



## UNLP03 - Perimenopause Menopause And Sleep

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

Start Date: 25 June 2026  
End Date: 09 July 2026  
Start Time: 9:30AM  
End Time: 11:30AM  
Day: Thursday  
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  
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Northamptonshire  
Council



West  
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Council