



PERIOD PRODUCTS: PERIOD PANT SIZING CHART

SIZES	X SMALL 6/8	SMALL 8/10	MEDIUM 10/12	LARGE 12/14
HIPS	34.5 in / 88 cm	37 in / 94 cm	39 in / 99 cm	41 in / 104 cm
WAIST	28 in / 71 cm	30 in / 76 cm	32 in / 81 cm	34 in / 86 cm

SIZES	X LARGE 14/16	2X LARGE 16/18	3X LARGE 18/20	4X LARGE 20/22
HIPS	43 in / 110 cm	45.5 in / 116 cm	47.5 in / 121 cm	49.5 in / 126 cm
WAIST	36 in / 91 cm	38 in / 97 cm	40 in / 102 cm	42 in / 107 cm

I DON'T KNOW WHICH SIZE TO GET...

No worries! We can provide samples for you to have a look and see if it fits. You can try them on only to be worn outside your clothes.

HOW DO I GET THE FREE PERIOD PRODUCTS?

It's easy! Just visit the Health and Wellness Hub on Albert Street. Head to the toilet, open the drawer, and take what you need.

I NEED SOME ADVICE?

The Hub is here to support you! If you have any questions or concerns, just ask and we can help.



01698 262437



info@thehealthandwellnesshub.org.uk

