

My Connected Club Planner

April 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 <u>7pm Strategy Group</u>	5	6 <u>6pm Support Group</u>	7	8
9	10	11	12	13 <u>6pm Support Group</u>	14	15
16	17	18 <u>7pm Strategy Group</u> <u>8pm Free Live Cast</u>	19 <u>1pm Free Live webinar</u>	20 <u>6pm Support Group</u>	21	22
23 /30	24	25	26 <u>8pm Masterclass</u>	27 <u>6pm Support Group</u>	28	29



Click links for access

Live Events

- 4th - 7pm Strategy Group
- 6th - 6pm Support Group
- 13th - 6pm Support Group
- 18th - 7pm Strategy Group
- 18th - 8pm Free Livecast
- 19th - 1pm Free Live Webinar
- 20th - 6pm Support Group
- 26th - 8pm Masterclass
- 27th - 6pm Support Group



Join us live for more points!

Habits to nurture

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April's Course

Click link to begin

- Neuro-Insight Module: The impact of oestrogen on the brain
- Brain-Boost Module: 5 Tips to Manage your PMS
- Toolkit: Your monthly cycle tracker
- Podcast: How hormones directly impact our ADHD - The ADHD Women's Wellbeing Podcast.

Complete all for 100 extra points