

May 2024	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	
Claire																					MW											
Laura			MW												MW						MW											
Crystal									FCS				FCS									FCS		FCS						FCS		
Zoisa													FCS									FCS										
TOPIC TALK													TT																			

June 2024	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su		
Claire																		MW														
Laura							MW										MW										MW					
Crystal								FCS					FCS							FCS		FCS										
Zoisa												FCS									FCS				FCS							
TOPIC TALK																		TT														

July 2024	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	
Claire															MW																	
Laura		MW																							MW							
Crystal			FCS					FCS								FCS			FCS		FCS	FCS										
Zoisa								FCS								FCS																
TOPIC TALK														TT																		

TOPIC TALKS

- 11 September 2023 PCOS
- 16 October 2023 How to be a Menopause or Wellness Coach
- 6 November 2023 ADHD and Hormones
- 11 December 2023 Progesterone, the Overlooked Hormone
- 15 January 2024 Premature Ovarian Failure and Early Menopause
- 12 February 2024 Perimenopause

- 11 March 2024 Thyroid Health
- 22 April 2024 Oestrogen Dominance
- 13 May 2024 How Modern Healthcare Fails Women
- 17 June 2024 Skin Health
- 15 July 2024 Chronic Inflammation

