

My Connected Club Planner

May 2023



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

Click links for access

Live Events

- 2nd - 7pm Strategy Group
- 4th - 6pm Support Group
- 10th - 1pm Free Live Webinar
- 11th - 6pm Support Group
- 16th - 7pm Strategy Group
- 17th - 12pm Free Live cast Webinar
- 18th - 6pm Support Group
- 23rd - 1pm Masterclass
- 25th - 6pm Support Group
- 30th - 7pm Strategy Group



Habits to nurture

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May's Course

Click link to begin

- Neuro-Insight Module: The science behind sleep
- Brain-Boost Module: Nurture your EF Building Blocks
- Toolkit: Healthy Habits
- Podcast: The Exercise RX for ADHD: How movement improves attention, working memory and executive functions.

Complete all for 100 extra points