

# September 2023

## PCOS MONTH EVENTS & DAILY TIPS

Sun



Mon



Happy PCOS Awareness Month!

Tue

Destress with a 10-minute meditation

Wed

Find a new place to walk in your town

Thu

Set aside time for self care

Fri

1

World PCOS Day



Sat

2

Download our free PCOS eBook

3

Reach out to a friend and catch up



4

Learn about insulin resistance and fertility

5

Make that appointment you've been putting off

6

Plan a PCOS-friendly meal



7

Parents After Infertility support group at 7:30pm

REGISTER HERE

8

IG Live at 12:30pm

5 min breathing exercise with Lisa Rosenthal

9

Virtual Fertile Yoga class at 8:30am

REGISTER HERE

10

Make plans to connect with friends or family

11

Try a new PCOS-friendly snack



12

Write down 3 things you're grateful for



13

Ladies Night In support group at 7:30pm

REGISTER HERE

14

Instagram Live with Dr. Ilana Ressler at 6pm EST

@illumefertility

LIVE

15

IG Live at 12:30pm

5 min PCOS yoga at home with Lisa Rosenthal

16

Practice breathing deeply for 5 minutes

17

Get outdoors and move your body



18

Ladies Night In support group at 7:30pm

REGISTER HERE



19

Learn about "lean PCOS"

20

Prioritize getting a good night's sleep (8 hours)

21

Try a new stress-reducing hobby or activity

22

IG Live at 12:30pm

5 min mental health meditation at home with Lisa Rosenthal

23

Virtual PCOS Yoga class at 8:30am

REGISTER HERE

24

Treat yourself to a fun activity

25

Build your mental health toolbox

26

Start your day off with a nutritious breakfast

27

Download PCOS Fitness Guide

28

Write down your goals for next month



29

IG Live at 12:30pm

5 daily affirmations with Lisa Rosenthal

30

Read PCOS success stories

