

# September 2022

## PCOS MONTH EVENTS & DAILY TIPS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>World PCOS Day</b> Watch PCOS & Fertility Instagram Live @illumefertility	2 <b>Download our free PCOS eBook</b>	3 <b>Virtual Fertile Yoga class at 8:30am</b>
4 Reach out to a friend and catch up	5 <b>Learn about insulin resistance and fertility</b>	6 Destress with a 10-minute meditation	7 <b>Build your mental health toolbox</b>	8 Plan a PCOS-friendly meal	9 Find a new place to walk in your town	10 Take a break from social media
11 Try a new PCOS-friendly recipe	12 Make an appointment you've been putting off	13 <b>Learn about "lean PCOS"</b>	14 Get outdoors and move your body today	15 Make plans to connect with friends or family	16 Set aside time for self care today	17 <b>Virtual Fertile Yoga class at 8:30am</b>
18 <b>Tune in to @PCOSgurl's Instagram Live at 7pm</b>	19 Start your day off with a nutritious breakfast	20 Write down 3 things you're grateful for	21 Try a new stress-reducing hobby or activity	22 <b>Get our PCOS Fitness Guide</b>	23 Prioritize getting a good night's sleep (8 hours)	24 <b>PCOS Challenge virtual 5k walk</b>
25 <b>Read PCOS success stories</b>	26 Dance it out to your favorite song	27 <b>Apply for PCOS IVF grant if trying to conceive</b>	28 Write down your goals for next month	29 <b>Fertility Fair Open House 5:30-8pm</b>	30 Practice breathing deeply for 5 minutes	