

OCTOBER



MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
26	27	28	29	30	1	2	
3	4	5	6	7	8	9	
10	11 Overview & Details Online Workshop 7.30pm	12	13	14	15 Foundations Day 1 Discover the Road Map to your Mind 10am - 5pm	16 Foundations Day 2 Discover the Road Map to your Mind 10am - 5pm	
17	18 Check in and Accountability Online Workshop 7.30pm	19	20	21	22	23	
24	15 Loving the Voice Inside your Head Online Workshop 7.30pm	26	27	28	29 Loving Food for Food and Being Body Positive 10am - 5pm	30 Behaviour Dynamics - Yours, Everybody Else's 10am - 4pm	
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