



Fall 2024 Opportunity

You're Invited...

Mondays and Wednesdays @ 7 pm MDT

September 9th-December 4th

Join myself and a small group of women to improve our lives and have more fun living with PMDD*.

Topics Covered:

Overwhelm

Decision Making

Emotional Stability

Dealing with Depression

People Pleasing

Time management

Increasing Self Confidence

Increasing Awareness

~Your Thing~

Goals

Diet, Exercise, Meditation

Job Stress

Cost is \$1200. Pay below.

This opportunity includes a private Facebook group and replays on a private podcast.

Can't wait to connect with you!

-Heidi

*Premenstrual Dysphoric Disorder