



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Be grateful for another day
2 Wish a fellow sister Ramadan Mubarak	3 Declutter your wardrobe - give to charity	4 Donate some food to a food bank - every little helps	5 Celebrate because you just can	6 Apologies even if you were right - you will feel better	7 Lets call this cheat day - eat what you want 🍰	8 Happy Women's Day - Celebrating us 🌸
9 Time for that full body MOT	10 Yoga pose for the day - The Cat stretch	11 If your heart says no - LISTEN TO IT	12 Remember all the things you are blessed.	13 Check up on that friend that you have forgot to reply to	14 Drink your water and come join us with a "Cuppa with a coppa" police surgery evening	15 Forgive yourself
16 Have you ate your veg today??!	17 Career building workshop - Satin bouquets	18 Put your phone on silent - ignore the headache	19 Be brave and join us for a pup walk.	20 Take THAT risk	21 Ask about our ladies only swimming sessions.	22 Ramadan crafts 1pm onwards Roseland House
23 Meditate	24 Have something Healthy	25 YES buy that EID outfit	26 Think HAPPY thoughts	27 ASK about our Tree Planting Campaign - free trees	28 Celebrating Friday!!	29 Join is for our Fire Awareness Day / Mehndi Day Green Park Community 1pm - 3pm
30	31					

March



NOTES:



MEHNDI BY MEHVISH & ZAIMA



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