

NUTRITION THERAPY FOR FERTILITY

LIVE SESSION CALENDAR

ACTIVITY	TOPIC	DATE	TIME
Live Q&A	Fertility nutrition	Tuesday 30th June	5pm - AEST 7pm - NZST 8am - BST 9am - SAST 3am - EDT 12am - PDT
Live Q&A	Fertility nutrition	Thursday 9th July	10am - AEST 12pm - NZST 1am - BST 2am - SAST
		Wednesday 8th July	8pm - EDT 5pm - PDT
Live interview with Dr Tash Andreadis, fertility specialist	Insights of a fertility specialist	Wednesday 15th July	6:30pm - AEST 8:30pm - NZST 9:30am - BST 10:30am - SAST 4:30am - EDT 1:30am - PDT
Live interview with Melissa Matheson, dietitian	Female Athlete Triad	Tuesday 21st July	9am - AEST 11am - NZST 12am - BST 1am - SAST
		Monday 20th July	7pm - EDT 4pm - PDT



NUTRITION THERAPY FOR FERTILITY

LIVE SESSION CALENDAR

ACTIVITY	TOPIC	DATE	TIME
Presentation with Amara Lindenmayer, dietitian	Menstrual Cycle Charting	Friday 31st July	7:30am - AEST 9:30am - NZST
		Thursday 30th July	10:30pm - BST 11:30pm - SAST 5:30pm - EDT 2:30pm - PDT
Bonus live activity	Seed Cycling	Wednesday 5th August	7:30pm - AEST 9:30pm - NZST 10:30am - BST 11:30am - SAST 5:30am - EDT 2:30am - PDT
Live Q&A	Fertility nutrition	Tuesday 11th August	7pm - AEST 9pm - NZST 10am - BST 11am - SAST 5am - EDT 2am - PDT
Live Q&A	Fertility nutrition	Monday 17th August	9:30am - AEST 11:30am - NZST 12:30am - BST 1:30am - SAST
		Sunday 16th August	7:30pm - EDT 4:30pm - PDT



NUTRITION THERAPY FOR FERTILITY

LIVE SESSION CALENDAR

ACTIVITY	TOPIC	DATE	TIME
Live discussion panel with Stacy Morgan, Leah Stjernqvist, Rachel Jeffery & Sally Marchini, dietitians	PCOS Endometriosis Coeliac Disease Thyroid	Wednesday 26th August	2pm - AEST 4pm - NZST 5am - BST 6am - SAST 12am - EDT
		Tuesday 25th	9pm - PDT
Post your questions	Fertility nutrition	Week starting 31st August	Any time that week
Live Q&A	Fertility nutrition	Thursday 10th September	8:30am - AEST 10:30am - NZST 12:30am - SAST
		Wednesday 9th September	11:30pm - BST 6:30pm - EDT 3:30pm - PDT
Live discussion panel with Stefanie Valakas, Wendy Fedele & Maria Andonopoulos, dietitians	Fertility supplements	Wednesday 16th September	8pm - AEST 10pm - NZST 11am - BST 12pm - SAST 6am - EDT 3am - PDT

TIME ZONES:

AEST - Australian Eastern Standard Time
NZST - New Zealand Standard Time
BST - British Summer Time
SAST - South African Standard Time
EDT - Eastern Daylight Time (US)
PDT - Pacific Daylight Time (Canada)