

DATE:
TUESDAY
18 JUNE
2024

TIME:
12:30 –
1:30PM



What does PMDD mean?

FREE
WEBINAR



**Women's
Health
Tasmania**

Welcome! The webinar will start soon

Some PMDD Links and Resources

- International Association for Premenstrual Disorders (IAPMD) iapmd.org
- Vicious Cycle: Making PMDD Visible grassroots [website](#)
- Jean Hailes information on PMDD [link](#)
- Queensland Health information on PMDD [link](#)
- ABC News local [article](#)

Free apps

- Daylio – mood diary and happiness tracker <https://daylio.net>
- Flo – ovulation calendar and period tracker <https://flo.health>
- Stardust – period tracker <https://stardust.app>

Paid app

- Moody Month – combines mood and period tracking <https://moodymonth.com>

Book (to learn more about your body and your cycle)

- The Sex Ed You Never Had by Chantelle Otten





Women's Health Tasmania



www.womenshealthtas.org.au



www.pregnancychoicestas.org.au



Women's Health Tasmania



Online classes with Women's
Tasmania



whtasmania

Email: info@womenshealthtas.org.au