



Menopause Group

# 2025

**Interactive Calendar**  
Helping you to lead the change in  
your life the natural way.



# January 2025

## Notes

Click on box below to insert text.

| Monday         | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---------|-----------|----------|--------|----------|--------|
|                |         | 1         | 2        | 3      | 4        | 5      |
| 6              | 7       | 8         | 9        | 10     | 11       | 12     |
| 13 - Full Moon | 14      | 15        | 16       | 17     | 18       | 19     |
| 20             | 21      | 22        | 23       | 24     | 25       | 26     |
| 27             | 28      | 29        | 30       | 31     |          |        |



# February 2025

## Notes

Click on box below to insert text.

| Monday | Tuesday | Wednesday      | Thursday | Friday | Saturday | Sunday |
|--------|---------|----------------|----------|--------|----------|--------|
|        |         |                |          |        | 1        | 2      |
| 3      | 4       | 5              | 6        | 7      | 8        | 9      |
| 10     | 11      | 12 - Full Moon | 13       | 14     | 15       | 16     |
| 17     | 18      | 19             | 20       | 21     | 22       | 23     |
| 24     | 25      | 26             | 27       | 28     |          |        |
|        |         |                |          |        |          |        |



# March 2025

## Notes

Click on box below to insert text.

| Monday | Tuesday | Wednesday | Thursday | Friday         | Saturday | Sunday |
|--------|---------|-----------|----------|----------------|----------|--------|
|        |         |           |          |                | 1        | 2      |
| 3      | 4       | 5         | 6        | 7              | 8        | 9      |
| 10     | 11      | 12        | 13       | 14 - Full Moon | 15       | 16     |
| 17     | 18      | 19        | 20       | 21             | 22       | 23     |
| 24     | 25      | 26        | 27       | 28             | 29       | 30     |
| 31     |         |           |          |                |          |        |



# April 2025

## Notes

Click on box below to insert text.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday         |
|--------|---------|-----------|----------|--------|----------|----------------|
|        | 1       | 2         | 3        | 4      | 5        | 6              |
| 7      | 8       | 9         | 10       | 11     | 12       | 13 - Full Moon |
| 14     | 15      | 16        | 17       | 18     | 19       | 20             |
| 21     | 22      | 23        | 24       | 25     | 26       | 27             |
| 28     | 29      | 30        |          |        |          |                |



# May 2025 Notes

Click on box below to  
insert text.

| Monday         | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---------|-----------|----------|--------|----------|--------|
|                |         |           | 1        | 2      | 3        | 4      |
| 5              | 6       | 7         | 8        | 9      | 10       | 11     |
| 12 - Full Moon | 13      | 14        | 15       | 16     | 17       | 18     |
| 19             | 20      | 21        | 22       | 23     | 24       | 25     |
| 26             | 27      | 28        | 29       | 30     | 31       |        |



# June 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

## Notes

Click on box below to insert text.

|    |    |                |    |    |    |    |
|----|----|----------------|----|----|----|----|
|    |    |                |    |    |    | 1  |
| 2  | 3  | 4              | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 - Full Moon | 12 | 13 | 14 | 15 |
| 16 | 17 | 18             | 19 | 20 | 21 | 22 |
| 23 | 24 | 25             | 26 | 27 | 28 | 29 |
| 30 |    |                |    |    |    |    |



# July 2025

## Notes

Click on box below to insert text.

| Monday | Tuesday | Wednesday | Thursday       | Friday | Saturday | Sunday |
|--------|---------|-----------|----------------|--------|----------|--------|
|        | 1       | 2         | 3              | 4      | 5        | 6      |
| 7      | 8       | 9         | 10 - Full Moon | 11     | 12       | 13     |
| 14     | 15      | 16        | 17             | 18     | 19       | 20     |
| 21     | 22      | 23        | 24             | 25     | 26       | 27     |
| 28     | 29      | 30        | 31             |        |          |        |





# August 2025

## Notes

Click on box below to insert text.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday      | Sunday |
|--------|---------|-----------|----------|--------|---------------|--------|
|        |         |           |          | 1      | 2             | 3      |
| 4      | 5       | 6         | 7        | 8      | 9 - Full Moon | 10     |
| 11     | 12      | 13        | 14       | 15     | 16            | 17     |
| 18     | 19      | 20        | 21       | 22     | 23            | 24     |
| 25     | 26      | 27        | 28       | 29     | 30            | 31     |



# September 2025

## Notes

Click on box below to insert text.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday        |
|--------|---------|-----------|----------|--------|----------|---------------|
| 1      | 2       | 3         | 4        | 5      | 6        | 7 - Full Moon |
| 8      | 9       | 10        | 11       | 12     | 13       | 14            |
| 15     | 16      | 17        | 18       | 19     | 20       | 21            |
| 22     | 23      | 24        | 25       | 26     | 27       | 28            |
| 29     | 30      |           |          |        |          |               |



# October 2025 Notes

Click on box below to  
insert text.

| Monday | Tuesday       | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------------|-----------|----------|--------|----------|--------|
|        |               | 1         | 2        | 3      | 4        | 5      |
| 6      | 7 - Full Moon | 8         | 9        | 10     | 11       | 12     |
| 13     | 14            | 15        | 16       | 17     | 18       | 19     |
| 20     | 21            | 22        | 23       | 24     | 25       | 26     |
| 27     | 28            | 29        | 30       | 31     |          |        |



# November 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

|  |  |  |  |  |   |   |
|--|--|--|--|--|---|---|
|  |  |  |  |  | 1 | 2 |
|--|--|--|--|--|---|---|

|   |   |               |   |   |   |   |
|---|---|---------------|---|---|---|---|
| 3 | 4 | 5 - Full Moon | 6 | 7 | 8 | 9 |
|---|---|---------------|---|---|---|---|

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|----|----|----|----|----|----|----|

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|----|----|----|----|----|----|----|

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|----|----|----|----|----|----|----|

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|

## Notes

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# December 2025 Notes

Click on box below to  
insert text.

| Monday | Tuesday | Wednesday | Thursday      | Friday | Saturday | Sunday |
|--------|---------|-----------|---------------|--------|----------|--------|
| 1      | 2       | 3         | 4 - Full Moon | 5      | 6        | 7      |
| 8      | 9       | 10        | 11            | 12     | 13       | 14     |
| 15     | 16      | 17        | 18            | 19     | 20       | 21     |
| 22     | 23      | 24        | 25            | 26     | 27       | 28     |
| 29     | 30      | 31        |               |        |          |        |





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