

03.15.23@ 0900 EDT*

FOR OUR GLOBAL MEMBERS, SEE
BELOW FOR YOUR *LOCAL TIME:



Anti-Anxiety Resource Ranch

CITY,COUNTRY *LOCAL TIME OF AGM

VANCOUVER, CANADA 06:00 / 6:00 AM PST
DALLAS, USA 08:00 / 8:00 AM CST
OTTAWA, CANADA 09:00 / 9:00 AM EDT
HOLGUIN, CUBA 09:00 / 9:00 AM CST
HALIFAX, CANADA 10:00 / 10:00 AM AST
INVERNESS, UK 13:00 / 1:00 PM GMT
NUNGUA, GHANA 13:00 / 1:00 PM GMT
PARIS, FRANCE 14:00 / 2:00 PM CET
LAGOS, NIGERIA 14:00 / 2:00 PM WAT
CAPE TOWN, SOUTH AFRICA 15:00 / 3:00 PM SAST
JAKARTA, INDONESIA 20:00 / 8:00 PM WIB
SINGAPORE, SINGAPORE 21:00 / 9:00 PM +08
QUEENSLAND, AUSTRALIA 23:00 / 11:00 PM AEST
VICTORIA, AUSTRALIA 00:00 / 12:00 AM AEDT

QUESTIONS? ABLE@ANTI-ANXIETY-RANCH.ORG