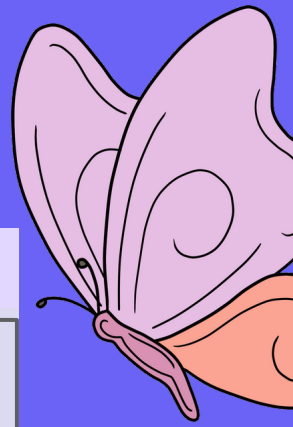

















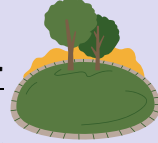













APRIL 2024



SUN	MON	TUE	WED	THU	FRI	SAT
31	1  TAKE DOWN TOBACCO DAY	2  GET MOVING WITH YOUR COMMUNITY	3  BECOME A CLIMATE FOR HEALTH AMBASSADOR.	4  DOWNLOAD A HEALTH APP	5  LEARN ABOUT REPRODUCTIVE HEALTH	6 TAKE A WALK 
7 EAT A HEALTHY MEAL 	8  EAT SOME CHOCOLATE	9  RIDE A BIKE	10  DO SOME YOGA	11  SPEND TIME OUTSIDE	12  PLAY A SPORT	13  VOLUNTEER TODAY
14  HAVE A RELAXING DAY	15  TAKE A HIKE	16  WRITE A POEM	17  MAKE A NEW FRIEND	18  HELP CLEAN YOUR TOWN	19  VISIT A PARK	20 GET SOME REST 
21  READ A GOOD BOOK	22  HAVE A PICNIC	23  WEAR A FUNNY OUTFIT	24 BE KIND TO ALL KIND DO A RANDOM ACT OF KINDNESS	25 GO FOR A JOG 	26  GET A TREAT	27  CALL A FRIEND
28 COOK A NICE DINNER 	29  BAKE A CAKE	30  DRAW A PICTURE	1	2	3	4
5	6	7	8	9	10	

