

National Wellness Month

A month to focus on building simple, sustainable habits that support your physical and mental health.

Learn more: medlineplus.gov/healthyliving.html

National Immunization Awareness Month

A reminder to check that you and your family are up to date on recommended vaccines.

Learn more: cdc.gov/vaccines

National Breastfeeding Month

Recognizes the benefits of breastfeeding and the importance of supporting new parents.

Learn more: womenshealth.gov/breastfeeding

Children's Eye Health & Safety Month

A great time to schedule children's eye exams before the new school year begins.

Learn more: preventblindness.org

Summer Sun Safety

Enjoy the outdoors while protecting your skin — seek shade, wear sunscreen and cover up at midday.

Learn more: cdc.gov/skin-cancer

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Breastfeeding Wk
2	3 Watermelon Day	4	5	6	7	8 Cat Day
9 Book Lovers Day	10 S'mores Day	11	12 Youth Day	13	14	15 Relaxation Day
16 Tell a Joke Day	17	18	19 Photography Day	20	21 Senior Citizens Day	22
23	24	25	26 National Dog Day	27	28	29
30 Beach Day	31					

● Health awareness ● Just-for-fun days — celebrate the small joys that keep life holistically well.