

National Cholesterol Education Month

A prompt to learn your cholesterol numbers and the simple habits that keep your heart healthy.

Learn more: cdc.gov/cholesterol

Fruits & Veggies Month

A tasty reminder to fill half your plate with colorful produce.

Learn more: fruitsandveggies.org

Suicide Prevention Awareness Month

A month to check in on one another. If you or someone you know needs support, call or text 988 anytime.

Learn more: 988lifeline.org

National Yoga Awareness Month

Explore how gentle movement and breathing can ease stress and boost wellbeing.

Learn more: nccih.nih.gov

National Preparedness Month

A little planning brings real peace of mind for your family and home.

Learn more: ready.gov

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
Read a Book Day	Labor Day			Suicide Prevention Day		
13	14	15	16	17	18	19
Grandparents Day						Talk Like a Pirate Day
20	21	22	23	24	25	26
	World Gratitude Day	First Day of Fall				
27	28	29	30			
	Good Neighbor Day					

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