


SUN	MON	TUE	WED	THU	FRI	SAT
						1  Be safe in the sun
2 To have a good friend, we must be a good friend. Friendship Day	3 Watermelon is 92% water so dig in guilt free for <a href="#">Watermelon Day!</a>	4 Portion size your snacks. Stay out of the bag/box!	5 Schedule your annual check-ups	6 Toes need exercise too! Give your feet some extra attention with a <a href="#">Wiggle Today</a> .	7 Talk to a neighbor (socially distanced of course!)	8 What do you love and what are you doing about it?
9 Work your mind for 30 minutes with a crossword/word search/sudoku	10 Beat the heat with an early morning walk.	11 Join Building Community Across the Distance with some afternoon <a href="#">Meditation</a>	12 <i>just breathe</i>	13 See the humor in a tough situation	14 Send a note to our NCC Staff - it's <a href="#">Health Center Staff Appreciation Day</a> .	15 National Relaxation Day! Schedule all your best self-care events.
16 Nourish your skin. It's the bodies biggest organ.	17 Reduce the amount of garbage in the world by donating to or shopping at a <a href="#">Thrift Shop</a>	18 Try a workout you've never done before	19 Write out your 5 year plan	20 Eat more colors - explore new fruits and vegetables	21 Volunteer and make a connection with your local senior center for <a href="#">National Senior Citizen Day</a>	22 Haven't taken a vacation all summer? Plan the perfect staycation and take it!
23 <i>DO WHAT YOU LOVE</i> Be still 30	24 Take a midday stretch <i>CHILL</i> 31	25 Take a nap during lunch or sit with your eyes closed	26 Take a laugh break with some <a href="#">Cat Yoga</a>	27 Forgive yourself or someone else today	28 Sit outside at night and listen	29 Enjoy your summer drinks, in moderation. The CDC says 1 drink for women, 2 per men per day



### Late Summer: Earth

The senses abound with the sights, smells and tastes of the harvest. The scent of hay being cut permeates the air and a feeling of abundance lingers.

### National Health Observances

#### National Wellness Month

<https://nationaldaycalendar.com/national-wellness-month-august/>

#### National Immunization Awareness Month

<https://www.cdc.gov/vaccines/events/niam/index.html>

#### National Breastfeeding Month

<http://www.usbreastfeeding.org/p/cm/ld/fid=909>



# AUGUST 2020