



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	National Disco Day	3	4		6	
National Day of Rock n roll	8	9	10	Cheer Up the Lonely Day		13	
14	15	16	National Hot Dog Day	18	19	20	
National Ice Cream Day	2	23	International Self-Care Day	25	26	27	
28	29	Internat'i Dayof Friendship	31	Under E	Wellness Theme: Understanding How Heat Effects the Body Therapy Theme: Signs of Dehydration		

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