

March 2025

Let's Have
a Little Fun!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Wellness Theme:
Breathe Easy: 8 Benefits of Proper
Breathing to Make you Feel Lucky

Therapy Theme: Lung Anatomy & Disease

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|--|---|--|--|--|---|----|
| 2 | 3 | 4  Mardi Gras | 5 | 6  National Oreo Cookie Day | 7 | 8 |
| 9 | 10 | 11 | 12  Plant a Flower Day | 13 | 14 | 15 |
| 16 | 17  St. Patrick's Day | 18 | 19 | 20 | 21  World Poetry Day | 22 |
| 23  National Puppy Day | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

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