

# July 2025

Let's Have a Little Fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Theme: Understanding How Heat Effects the Body		1	2 	3	4 	5
6	7 	8	9	10	11 	12
13	14	15	16 	17	18	19
20 	21	22	23	24 	25	26
27	28	29	30	31	Therapy Theme: Signs of Dehydration	

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