



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Understan Heat Effects	ding How	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	17	18	19
			National Hot Dog Day	NO.		
National Ice Cream Day	<b>3</b> 21	22	23	International Self-Care Day	25	26
27	28	29	30	31	Therapy Signs of D	/ Theme: ehydration

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