



2019 CALENDAR

JANUARY

Reach for New Goals Month
Dimension Focus: All Dimensions

JULY

This is U.S. Month
Dimension Focus: Social

FEBRUARY

Heart Smart Month
Dimension Focus: Physical

AUGUST

Around the World in 31 Days Month
Dimension Focus: Education

MARCH

Eat Well, Be Well Month
Dimension Focus: Medical/
Nutritional

SEPTEMBER

Express Yourself Month
Dimension Focus: Emotional

APRIL

Unity in Our Community Month
Dimension Focus: Community

OCTOBER

Train Your Brain Month
Dimension Focus: Cognitive

MAY

Laughter for Your Soul Month
Dimension Focus: Emotional

NOVEMBER

Nurture Nature Month
Dimension Focus: Community

JUNE

S.O.S. (Safe or Sorry) Month
Dimension Focus: Educational

DECEMBER

Spiritual Well-Being Month
Dimension Focus: Spiritual