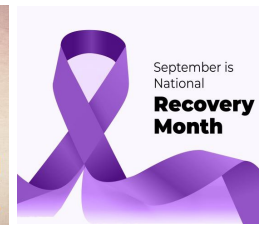








September 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|---|
| 28 | 29 | 30 | 31 | 1 Self Care September! Remember self care is not selfish! | 2 Finance Friday: Contact Jack McDonald for 401K tips! jmcdonald@kj.com | 3 Back to School Dental Health Tips! |
| 4 Plan a fun or relaxing activity and make time for it! | 5  Happy LABOR DAY | 6 Forgive yourself when things go wrong. Everyone makes mistakes. | 7 Give yourself permission to say "no." | 8 Let go of other people's expectations of you. | 9 10 Minute No Equipment Beginners Core Workout! | 10 Leave positive messages for yourself to see regularly. |
| 11  PATRIOT DAY WE WILL NEVER FORGET 9.11 | 12 National Hug and a High 5 Day! Help put a smile on someone's face! | 13 Wear GREEN for celiac disease awareness!  | 14 Take 3 deep breaths before each activity. | 15 Serving Up Knowledge at 12:00p EST - Biometric Screenings | 16 Take one thing off your to-do list! | 17 Be as kind to yourself as you would a loved one. |
| 18 Organize your living space! | 19  BLOOD CANCER AWARENESS MONTH | 20 Serving Up Knowledge at 12:00p EST - Biometric Screenings | 21 BELIEVE IN YOURSELF. | 22 Accept yourself and remember you are worthy of love! | 23 Teal Talk Day: wear TEAL for ovarian cancer awareness  | 24 Family Health and Fitness Day! Take a walk with the family! |
| 25 Recipe Corner: Mini Zucchini Pizzas for Gameday! | 26 Find a new way to use one of your strengths or talents. | 27 Reach out to a friend today  | 28 10 Minute Morning Yoga with Adriene! | 29 Choose to see your mistakes as steps to help you learn. | 30 Write down 3 things you appreciate about yourself! | 1 |
| 2 | 3 | Notes Basics of Investing | | | | |