

Mental Health America of East Central Florida, Inc.

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NATIONAL RECOVERY MONTH

SEPTEMBER 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|---|
| 1  | 2  | 3  | 4  | 5  | 6 NATIONAL READ A BOOK DAY  | 7  |
| 8  | 9  | 10  | 11  | 12 LYLW  | 13 Arts & Crafts BINGO  | 14  |
| 15  | 16 Hygiene Class  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24 LYLW  | 25  | 26  | 27 EXERCISE  | 28  |
| 29  | 30 Arts & Crafts  |  |  |  |  |  |