

Mental Health America of East Central Florida, Inc.

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(386) 252-5785

**STRESS AWARENESS MONTH**

◀ APRIL 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Game Day 	2 Arts & Crafts 	3 	4 Round Table 	5 
6	7 BIRTHDAYS 	8 LYLW 	9 EXERCISE 	10 FLOWER MAKING 	11 BINGO 	12
13	14 Game Day 	15 EXERCISE 	16 LYLW 	17 Arts & Crafts 	18 GOOD FRIDAY 	19
20 EASTER 	21 EXERCISE 	22 EARTH DAY 	23 Hygiene Class 	24 EXERCISE Arts & Crafts 	25 ROUNDTABLE BINGO 	26
27 	28 Meditation LifeSkills 	29 Game Day 	30 			26 