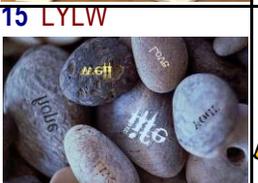


Mental Health America of East Central Florida, Inc.

927 Beville Rd Suite 6
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STRESS AWARENESS MONTH

APRIL 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 	3 GOOD FRIDAY 	4 
5 	6 Celebrate Easter and Birthdays 	7 LYLW 	8 EXERCISE 	9 FLOWER MAKING 	10 	11
12	13 Game Day 	14 	15 LYLW 	16 	17 	18
19	20 Arts & Crafts 	21 Hygiene Class 	22 	23 EXERCISE 	24 ROUNDTABLE 	25
26 	27 	28 Game Day 	29 EXERCISE 	30 	1 	