

Mental Health America of East Central Florida, Inc.

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NATIONAL WELLNESS MONTH

AUGUST 2026							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	3 EXERCISE 	4  Arts & Crafts	5 EXERCISE 	6  	7  Arts & Crafts	8 	
9 	10 Arts & Crafts 	11  	12 EXERCISE 	13 	14  	15 	
16 	17 READING  Arts & Crafts	18 UNO 	19 LYLW 	20 Roundable  	21  Arts & Crafts	22 	
23 	24  Arts & Crafts	25 Hygiene class  EXERCISE	26 	27  	28  	29 	
30 	31 Arts & Crafts 						