

## JULY

**National Park & Recreation Month**

**UV Safety Month**

**7/10-7/16, Everybody Deserves a  
Massage Week**



## AUGUST

**National Breastfeeding Month**

**8/5 National Night Out**

**8/30 National Grief Awareness  
Day**

## SEPTEMBER

**Blood Cancer Awareness Month**

**National Fruit & Veggies Month**

**Healthy Aging Month**

**9/28: National Women's Health &  
Fitness Day**

