

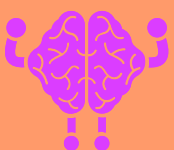




OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Join the meditation movement.	2 Celebrate a small victory. 	3  Take an anti-bullying pledge.	4  Nurture your sense of purpose.	5 Make a big breakfast to kickstart your day. 	6  Do a kind act to make someone smile.	7  Practice healthy family communication.
8 Encourage youth to enjoy school. 	9  Make a list of cultural traditions you appreciate.	10  Name 2 things that have gone well today.	11 Help your teen quit vaping. 	12  Choose a meal from a different culture for dinner.	13 Celebrate a friend's win today. 	14 Play with a pet friend. 
15  Check in on your friends today.	16  Make a family statement wall.	17  Write 5 things you're thankful for today.	18 Take a step towards an important goal. 	19 Find your safe space. 	20  Identify 3 of your biggest strengths.	21 Contribute to your local community. 
22  Log off tech an hour before bedtime.	23 Take a walk in the autumn weather. 	24 Start reading a new book. 	25 Advocate for lung health. 	26  Support people being their authentic selves.	27 Listen to music from a different culture. 	28 Clean out your medicine cabinets. 
29 Thank someone you're grateful for. 	30  Make a happy jar.	31  Enjoy neighborhood trick or treat.				

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Prevention
Action Alliance

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