

NATIONAL WELLNESS MONTH- AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IMPORTANT TIPS <ul style="list-style-type: none"> Exercise daily Get 7-8 hours of sleep Sit alone for 10 minutes a day and breathe 	<ul style="list-style-type: none"> Take time for you Write in a journal Enjoy the little things Keep your space clean 	<ul style="list-style-type: none"> Eat fruits and vegetables Make time for friends and family Volunteer at our Delaware or Marion Shelter 	FOLLOW US ON FB & IG  	WE NEED VOLUNTEERS! REACH OUT TO SIGN UP! ¹	NATIONAL COLORING DAY ²  Color a page today!	Go for a hike in nature ³ 
SELF CARE SUNDAY ⁴ Take a long relaxing bath or shower 	NATIONAL UNDERWEAR DAY ⁵ Donate a pack of underwear 	WE NEED SHELTER COORDINATOR ASSISTANTS ⁶ 	DONATE A JOURNAL OR PLANNER TO A SURVIVOR ⁷ 	NATIONAL HAPPINESS HAPPENS DAY ⁸ 	NATIONAL BOOK LOVERS DAY ⁹ Start a book! 	Start a donation drive for Turning Point ¹⁰ 
SELF CARE SUNDAY ¹¹ Eat a healthy meal with every color of the rainbow 	Listen to music you loved as a teen! ¹² 	Call an old friend and reconnect ¹³ 	WE NEED VOLUNTEERS TO ORGANIZE THE BOUTIQUE ¹⁴ 	Drink at least 8 glasses of water ¹⁵ 	DONATE A HYGIENE PACK TO A SURVIVOR ¹⁶ 	NATIONAL NON PROFIT DAY ¹⁷ Consider a recurring gift to Turning Point 
SELF CARE SUNDAY ¹⁸ Stretch for 10 minutes today 	WE NEED VOLUNTEERS TO HELP MAKE INTAKE CARTS ¹⁹ 	MENTAL WELLNESS CHECK! HOW CAN WE HELP? ²⁰ 	VOLUNTEER FOR MEALS TO HEAL ²¹ 	NATIONAL BE AN ANGEL DAY ²² Donate something from the needs list! 	Pamper yourself today ²³ 	WE NEED VOLUNTEERS TO ORGANIZE JEWELRY ²⁴ 
GROUP VOLUNTEER ORIENTATION ²⁵ 10:00am Delaware Shelter 	NATIONAL WOMEN'S EQUALITY DAY ²⁶ 	WE NEED VOLUNTEERS TO HELP CLEAN THE SHELTERS ²⁷ 	DONATE ITEMS FOR OUR SURVIVORS PETS IN THE KENNEL ²⁸ 	Walk for 30 minutes ²⁹ 	NATIONAL GRIEF AWARENESS DAY ³⁰ 	DONATE CLEANING SUPPLIES TO THE SHELTER ³¹ 

EMAIL: KDJTTEMER@TURNINGPOINT6.ORG TO SIGN UP TO VOLUNTEER