











AUGUST 2025

“Only if you have been in the deepest valley, can you ever know how magnificent it is to be on the highest mountain.”
- Richard M. Nixon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NATIONAL WELLNESS MONTH						
3		5	6		8	9
10	11			14	15	
	18	19	20	21	22	23
	25	26	27		29	30
31						

BE KIND TO HUMANKIND WEEK (August 25th - August 31st)