

## March 2023

## **WELLNESS CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
This Month's Theme Healthy Choices		1	2	Health / is wealth
6	7	8	9	10
Ventura County Parent Ed: Drug Use Prevention	Coping St	Yoga Library@ Lunch rategies Sta	tions in Libr	17
20	21	22	Kahoot! 23 Library at Lunch	dance dance dance
		g & Alcohol	Facts Weel	
27	FOR N	MORE INFO ON WEL	LNESS TOPICS <u>CLI</u>	CK HERE OR