

April 2021

Let's Have
a Little Fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PARKINSON'S AWARENESS MONTH		 OCCUPATIONAL THERAPY MONTH		1  April Fools' Day	2  National Peanut Butter & Jelly Day	3
4  HAPPY EASTER	5	6	7	8	9	10
11  Barbershop Quartet Day	12  National Grilled Cheese Sandwich Day	13	14  Reach as High as You Can Day	15	16	17
18 National Animal Cracker Day National Haiku Poetry Day	19 	20	21	22  Earth Day	23	24
25  World Penguin Day	26	27	28 National Superhero Day 	29  International Dance Day	30  International Jazz Day	31

Wellness Theme:
The Impact of Stress

Therapy Theme:
Know the Signs of Stress

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