









January 2022

Let's Have
a Little Fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Wellness Theme: **Healthy Resolutions**
 Therapy Theme: **Managing Pain Naturally**
 January is **Bath Safety Month**

1
New Year's Day
Happy New Year 2022

2	3	4  National Spaghetti Day	5	6	7	8
9	10	11  National Milk Day	12	13  National Rubber Ducky Day	14  National Dress Up Your Pet Day	
16	17 MLK Jr. Day 	18	19  National Popcorn Day	20  National Cheese Lovers Day	21  National Squirrel Appreciation Day	22
23  National Handwriting Day	24 National Compliment Day	25	26	27	28  National Puzzle Day	29
30	31					

ayow.com

