

# March 2024

Let's Have  
a Little Fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Theme: <b>Breathe Easy: 8 Benefits of Proper Breathing to Make you Feel Lucky</b>					1	2
Therapy Theme: Lung Anatomy & Disease					National Dress in Blue Day	
3	4	5	6	7	8	9
			National Oreo Cookie Day			
10	11	12	13	14	15	16
		Plant a Flower Day		Popcorn Lovers Day		
17	18	19	20	21	22	23
St. Patrick's Day				World Poetry Day		National Puppy Day
24	25	26	27	28	29	30
			Quirky Country Music Lyrics Day			
31	Easter Sunday					

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