

# January

## DEŽEŠ ŠEMU GUM DI.BEŽ - THE MOON THAT REALLY SNOWS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b>	<b>3</b>	<b>4</b> Mental Wellness Tip: Try a breathing box today inhale for 5 seconds, hold for 5 seconds, exhale for 5 and repeat!	<b>5</b>	<b>6</b> Create the Good Lunch and Living Well Art Series: Vision Boards	<b>7</b>
<b>8</b> Suicide Prevention Network <a href="http://www.spnawareness.org">www.spnawareness.org</a> 775-783-1510	<b>9</b>	<b>10</b>	<b>11</b> Teen Hangout - Movie, Games, and Pizza Firehouse 5-6:30pm	<b>12</b> 50+ Potluck and Mental Health Bingo with great prizes! BHS, 12-2pm	<b>13</b> Create the Good Lunch and Living Well Art Series: Art for Self-Care & Mental Health	<b>14</b> Mental Wellness Tip: Remember to drink your water!
<b>15</b>	<b>16</b>	<b>17</b> Mental Wellness Tip: Spend 5 minutes outside today getting fresh air!	<b>18</b>	<b>19</b>	<b>20</b> Create the Good Lunch and Art Series. Signs of Suicide Presentation by SPN	<b>21</b>
<b>22</b>	<b>23</b> Mental Wellness Tip: Stop by your local library and pick up a new book today!	<b>24</b> Diamond Valley School - SEL: Signs of Suicide	<b>25</b> Family Movie & Dinner Night Firehouse 5-7pm	<b>26</b>	<b>27</b> Teen Outing - Fly Hi & Dinner	<b>28</b> 
<b>29</b> Puzzle Day	<b>30</b>	<b>31</b> Douglas High School Lunch	<b>Glaucoma Awareness Month</b>		<b>National Blood Donor Month</b>	
				<b>Cervical Health Awareness Month</b>		
This calendar is supported through the generosity of a donor who has lost a loved one to suicide.						