

January 2024

	<p>1 Begin the year with a 10-minute meditation focusing on gratitude.</p>	<p>2 Healthy Eats: Grilled Fish Tacos</p>	<p>3 Learn about how to donate blood.</p>	<p>4 Organize a group walk during lunch!</p>	<p>5 Write a thank-you note to someone who made a difference in your life.</p>	<p>6 Enjoy a relaxing bath with Epsom salts and essential oils.</p>
<p>7 Reflect and set a personal health goal for the month.</p>	<p>8 Here are 8 things to know about mediation and mindfulness</p>	<p>9 Host a healthy recipe exchange!</p>	<p>10 Share a story of a life saved through blood donation.</p>	<p>11 Try a fun family yoga session!</p>	<p>12 Take time to focus on listening today.</p>	<p>13 Did you know? Having a hobby can reduce stress and improve mental health!</p>
<p>14 Talk about health goals as a family.</p>	<p>15 Take a family walk after dinner.</p>	<p>16 Did you know? Protein is found in foods like chicken, beans, and nuts and it helps our body grow and repair itself.</p>	<p>17 Find a location to give blood and help save lives!</p>	<p>18 Make your own indoor scavenger hunt!</p>	<p>19 Volunteer to help a friend or neighbor</p>	<p>20 Set a space in your home or community for relaxation.</p>
<p>21 What's one way you can show up for your family this week?</p>	<p>22 Take five minutes to visualize a peaceful scene like a beach or forest to help de-stress.</p>	<p>23 Healthy eats: Homemade Granola Bars</p>	<p>24 Did you know? There are four main blood types: A, B, AB, and O. Each can be positive or negative.</p>	<p>25 Go for a bike ride for some exercise and fun!</p>	<p>26 Help someone feel seen today by offering a compliment.</p>	<p>27 Watch a comedy movie to unwind and feel good.</p>
<p>28 Have a family game night!</p>	<p>29 Sensory Awareness: close your eyes and engage with different sounds, textures, or smells around you.</p>	<p>30 Healthy Eats: Quick Beef Stir-Fry</p>	<p>31 Did you know? One blood donation can save up to three lives!</p>	<p>Happy New Year! National Blood Donor Month</p>		