



National Garden Month

National Emotional Overeating Awareness Month

National Pecan Month

April 2016



National Child Abuse Prevention Month

National Donate Life Month

Stress Awareness Month

National Minority Health Health Disparities Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Food Safety Tip Refrigerator temperatures fluctuate from season to season. The best way to regulate your refrigerator is with a refrigerator thermometer. Set the thermometer in the center of the middle shelf (not on the door) and keep it inside at all times. Most importantly, check the temperature regularly to be sure your food is stored safely below 40°F! Adjust the settings on the control dial accordingly.</p>					1 April Fool's Day	2
3	4	5	6	7	8	9
10 National Volunteer Week	11	12 Take a mindfulness break	13	14 International Moment of Laughter Day	15 Tax Day	16 National Infant Immunization Week
17	18 Watch your mailbox for HRA results	19	20	21	22 EARTH DAY 	23
24	25	26	27 Free Chair Massages :)	28	29	30