
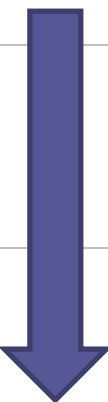







# April

# 2021

## STARS Wellness



| Sunday  | Monday                         | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|---|--------------------------------|---|--|---|--|---|
|  | Sexual Assault Awareness Month | Garden Month  |  | <sup>1</sup><br>4:30 pm HATHA YOGA<br>6PM VINYASA YOGA  | <sup>2</sup><br><b>TRC Gives Back- Meals on Wheels Jamestown/Dunkirk</b>                               | <sup>3</sup><br>Autism Awareness Month  |
| <sup>4</sup><br>Humor Month   | <sup>5</sup>                   | <sup>6</sup><br>12pm SAFER Lunch and Learn ZOOM       | <sup>7</sup><br>Wellness Wednesday   | <sup>8</sup><br>4:30 pm HATHA YOGA<br>6PM VINYASA YOGA  | <sup>9</sup><br>  | <sup>10</sup>   |
| <sup>11</sup><br>Parkinson's Awareness Month  | <sup>12</sup>                  | <sup>13</sup><br>WorkPartners Lunch and Learn (ZOOM)  | <sup>14</sup><br> | <sup>15</sup><br>4:30pm HATHA YOGA<br>6PM VINYASA YOGA  | <sup>16</sup><br> | <sup>17</sup><br>Occupational Therapy Month   |
| <sup>18</sup><br>Stress Awareness Month   | <sup>19</sup>                  | <sup>20</sup><br>12 pm Gardening Lunch and Learn ZOOM | <sup>21</sup><br>Administrative Professionals Day<br>Wellness Wednesday                              | <sup>22</sup><br>Earth Day<br><br>YOGA 4:30-7 | <sup>23</sup><br>Blood Drive<br>TRC Gives Back   | <sup>24</sup><br>Prescription Drug Take Back Day                                      |
| <sup>25</sup><br>Alcohol Awareness Month  | <sup>26</sup>                  | <sup>27</sup>   | <sup>28</sup><br>Wellness Wednesday  | <sup>29</sup><br>National Walk at Lunch Day<br>YOGA 4:30-7  | <sup>30</sup><br> |  |

