

Monthly Theme—Free Your Mind

JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Read an online article: <i>Five Ways to De-Clutter Your Mind</i>	3	4 Independence Day	5
6 Go online to listen to audio on Sleep Difficulties	7	8	9	10 Go online to listen to audio on Daily Relaxation Tools	11	12 Read an online article: <i>Get Back to the Basics to Find Balance in Life</i>
13	14	15 "The Path to Inner Peace" Online Webinar 11am-12 pm MST Or 2:30 pm - 3:30 pm MST	16	17	18	19 Go online to watch a video about Tai Chi
20	21	22	23 Go online to listen to audio on Controlling Negative Thoughts	24	25 Read an online article: <i>Cultivating Joy in Everyday Living</i>	26
27	28 Go online to watch a video on Fitness for the Mind, Body and Soul	29	30	31	Assistance is available any time, any day to help you make life less complicated. Call or log on to get started.	