

# April Wellness



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<b>Monthly Challenge!</b> Take a Photo of you and friends walking!	Win a Gift Card in a random draw.	Send Photo to <a href="mailto:ellen.marie.palmer@gmail.com">ellen.marie.palmer@gmail.com</a>		Plan your Garden	<a href="#">April Fool's Day</a> New Moon	<a href="#">Autism Awareness Day</a> Wear Blue Ramadan Begins
3	4	5	6	7	8	9
World Party Day Tour <a href="#">Elmhurst Sugar Bush</a>	<a href="#">Help your Gut!</a>	<a href="#">Flood Ready?</a>	<a href="#">National Walking Day</a> <a href="#">Start a Walking Group</a>	World Health Day Try <a href="#">Deep H2O Exercise</a> Aquatic Center, 9am.	<a href="#">Day of Silence</a> <a href="#">Pronouns</a>	<a href="#">Vimy Ridge Day</a>  First ¼ Moon
10	11	12	13	14	15	16
Palm Sunday	<a href="#">National Pet Day</a>	<a href="#">Jones Gallery Workshop</a> Begins	National Scrabble Day	Holy Thursday	Good Friday	Holy Saturday Passover Begins Full Moon
17	18	19	20	21	22	23
<b>Easter</b> <a href="#">Care of your Easter Lily</a>	<a href="#">World Heritage Day</a>	<a href="#">Canada's Heritage Moments</a>	<a href="#">Just For Laughs- Imperial</a>	<a href="#">Healthy Snack Recipes</a>	<a href="#">World Earth Day</a> (Sustainable Fashion)	Passover Ends <a href="#">Check out Canada Reads!</a> Last ¼ Moon
24	25	26	27	28	29	30
Last Day of The <a href="#">SJ Home Show</a>	Read "The Match" by <a href="#">Harlan Coban</a>	<a href="#">Try this 10 min. HIIT Class</a>	<a href="#">Take the Chocolate Quiz.</a>	World Day for Safety and Health at Work	" <a href="#">Migraine Talks</a> "	<a href="#">Deadline to File Taxes</a> New Moon