

March 2023

"No act of kindness,
No matter how small,
Is ever wasted."

THREE POSITIVE THINGS
THAT HAPPENED THIS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Caregiver Appreciation Day <i>FEELINGS OF gratitude FRIDAYS @5:30P</i>	4
5	6 National Frozen Food Day	7	8 International Women's Day	9	10 <i>FEELINGS OF gratitude FRIDAYS @5:30P</i>	11
12 Daylight Savings <i>Self Love Sessions @9AM</i>	13	14 Intro to Oils with Bibi @5PM	15	16	17 St. Patty's Day <i>FEELINGS OF gratitude FRIDAYS @5:30P</i>	18
19	20 Spring Begins	21 Kidney Support @6PM	22	23 Live with Melissa Cruz via Zoom @ 5:30PM	24 <i>FEELINGS OF gratitude FRIDAYS @5:30P</i>	25
26	27	28	29	30	31 Special Guest speaker! <i>FEELINGS OF gratitude FRIDAYS @5:30P</i>	