

2020



Drawing by Saylor Helms – Age 11

CELEBRATE HEALTHY LIVING!



MPNN CSB Prevention, Health & Wellness Division

PO Box 452, Hayes, VA 23072

Ph. 804-642-5402 or 1-888-PREV-550

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This project was funded by the
Virginia Foundation for Healthy Youth





Healthy Weight Awareness Month

Drawing by Sadie McCoy – Age 12

JANUARY 2020

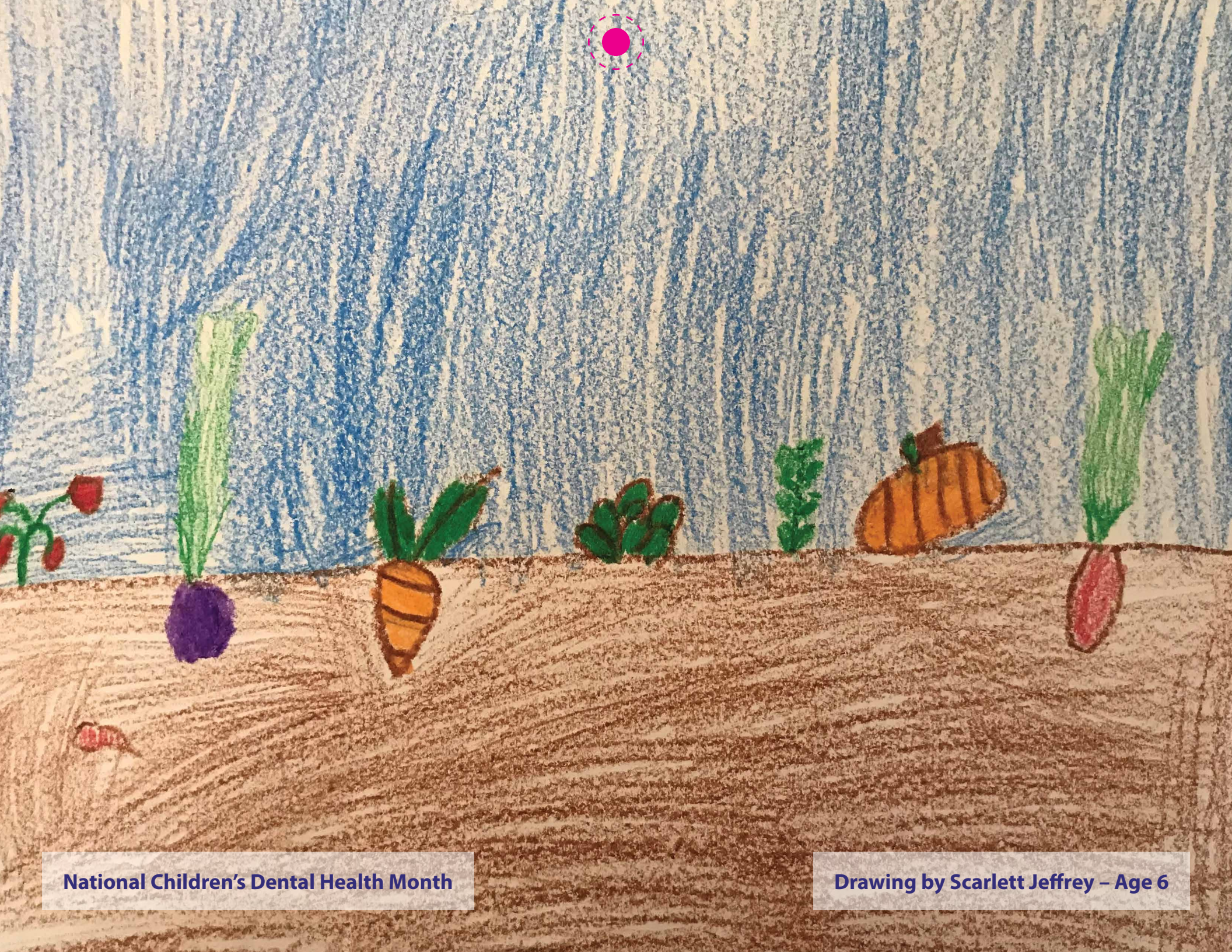
DECEMBER 2019							FEBRUARY 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23	24	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 <i>New Year's Day</i>	2 <i>Science Fiction Day</i>	3	4
5	6	7	8	9	10	11
12	13 <i>Make Your Dreams Come True Day</i>	14 <i>Clean Off Your Desk Day</i>	15	16	17 <i>Kid Inventors' Day</i>	18
19 <i>Soup Swap Day</i>	20 <i>Martin Luther King Jr. Day Penguin Awareness Day</i>	21	22 <i>Answer Your Cat's Questions Day</i>	23	24 <i>Compliment Day</i>	25
26	27	28 <i>Fun at Work Day</i>	29	30	31	1



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National Children’s Dental Health Month

Drawing by Scarlett Jeffrey – Age 6

FEBRUARY 2020

JANUARY 2020							MARCH 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	1	2	3	4	5	6	7
5	6	7	8	9	10	11	8	9	10	11	12	13	14
12	13	14	15	16	17	18	15	16	17	18	19	20	21
19	20	21	22	23	24	25	22	23	24	25	26	27	28
26	27	28	29	30	31		29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4 <i>Thank Your Mailman Day</i>	5	6	7 <i>Send a Card to a Friend Day</i>	8
9	10	11	12	13	14 <i>Valentine's Day Library Lovers Day</i>	15
16 <i>Do a Grouch a Favor Day</i>	17 <i>Presidents' Day Random Act of Kindness Day</i>	18	19	20	21	22 <i>Be Humble Day</i>
23	24	25	26 <i>Ash Wednesday Tell a Fairy Tale Day</i>	27 <i>International Polar Bear Day</i>	28	29



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National Brain Injury Awareness &
National Nutrition Awareness Month

Drawing by Jackson Mandell – Age 8

MARCH 2020

FEBRUARY 2020							APRIL 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	
2	3	4	5	6	7	8	5	6	7	8	9	10	11
9	10	11	12	13	14	15	12	13	14	15	16	17	18
16	17	18	19	20	21	22	19	20	21	22	23	24	25
23	24	25	26	27	28	29	26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>World Compliment Day</i>	2	3 <i>I Want You to be Happy Day</i>	4	5	6	7
8	9	10 <i>Daylight Savings Time Begins</i>	11 <i>Oatmeal Nut Waffle Day</i>	12	13	14
15 <i>Everything You Think is Wrong Day</i>	16	17 <i>St. Patrick's Day</i>	18 <i>Awkward Moments Day</i>	19 <i>Let's Laugh Day</i>	20 <i>Kick Butts Day</i>	21 <i>Absolutely Incredible Kid Day</i>
22 <i>International Goof Off Day</i>	23 <i>Puppy Day</i>	24	25 <i>Waffle Day</i>	26 <i>Make Up Your Own Holiday Day</i>	27	28
29	30 <i>Take a Walk in the Park Day</i>	31	1	2	3	4



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APRIL 2020

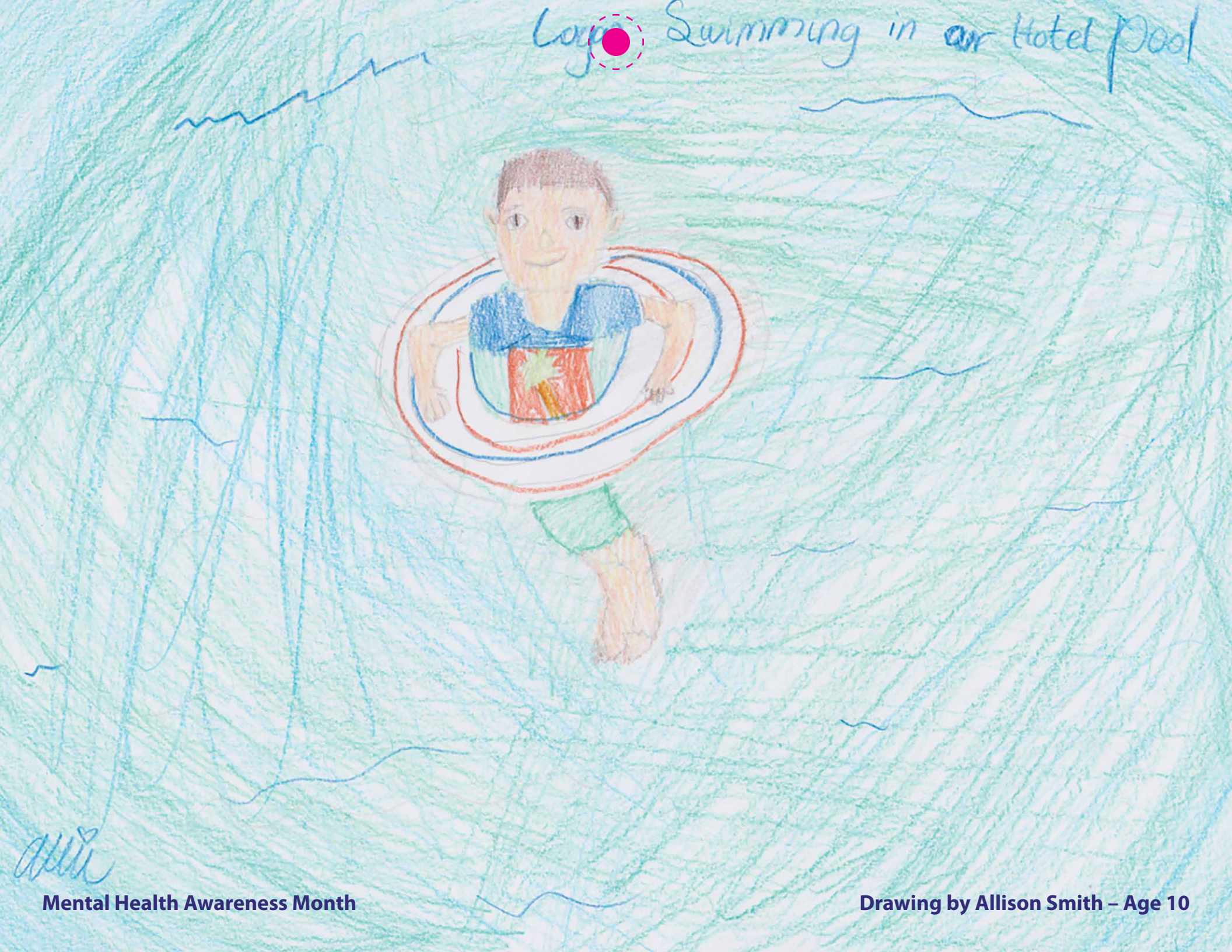
MARCH 2020							MAY 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24/31	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 <i>Fun at Work Day</i>	2 <i>World Autism Day Awareness Day</i>	3	4
5 <i>Palm Sunday Walk to Work Day Read a Road Map Day</i>	6 <i>Sorry Charlie Day</i>	7	8 <i>Passover</i>	9	10 <i>Good Friday Siblings Day</i>	11
12 <i>Easter Sunday</i>	13 <i>Scrabble Day</i>	14 <i>Look up the Sky Day</i>	15 <i>Tax Day</i>	16 <i>Wear Pajamas to Work Day</i>	17	18
19	20 <i>Look Alike Day</i>	21	22	23 <i>Take a Chance Day</i>	24	25 <i>Take Our Daughters and Sons to Work Day</i>
26	27	28	29	30 <i>Honesty Day</i>	1	2



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Mental Health Awareness Month

Drawing by Allison Smith – Age 10

MAY 2020

APRIL 2020							JUNE 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11		7	8	9	10	11	12
12	13	14	15	16	17	18		14	15	16	17	18	19
19	20	21	22	23	24	25		21	22	23	24	25	26
26	27	28	29	30				28	29	30			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
					Batman Day	
3	4	5	6	7	8	9
	Herb Day					
10	11	12	13	14	15	16
Mother's Day Clean Up Your Room Day			Frog Jumping Day	Dance Like a Chicken Day		
17	18	19	20	21	22	23
	Victoria Day (Canada)				Buy a Musical Instrument Day	
24	25	26	27	28	29	30
Scavenger Hunt Day						
31	Memorial Day Sing Out Day					
World No Tobacco Day						



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Home Safety Month

Drawing by Presley Gracik – Age 10

JUNE 2020

MAY 2020							JULY 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2			1	2	3	4	
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <i>Say Something Nice Day</i>	2 <i>Leave the Office Early Day</i>	3	4 <i>Hug Your Cat Day</i>	5	6 <i>Drive-In Movie Day</i>
7	8 <i>Best Friends Day</i>	9	10 <i>Iced Tea Day</i>	11 <i>Corn on the Cob Day</i>	12	13
14 <i>Flag Day</i>	15 <i>Nature Photography Day</i>	16	17 <i>Eat Your Vegetables Day</i>	18 <i>International Picnic Day</i>	19	20
21 <i>Father's Day International Yoga Day</i>	22	23	24 <i>Swim a Lap Day</i>	25	26	27
28	29	30 <i>Meteor Watch Day</i>	1	2	3	4



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Park & Recreation Month

Drawing by Aunesti Coleman – Age 8

JULY 2020

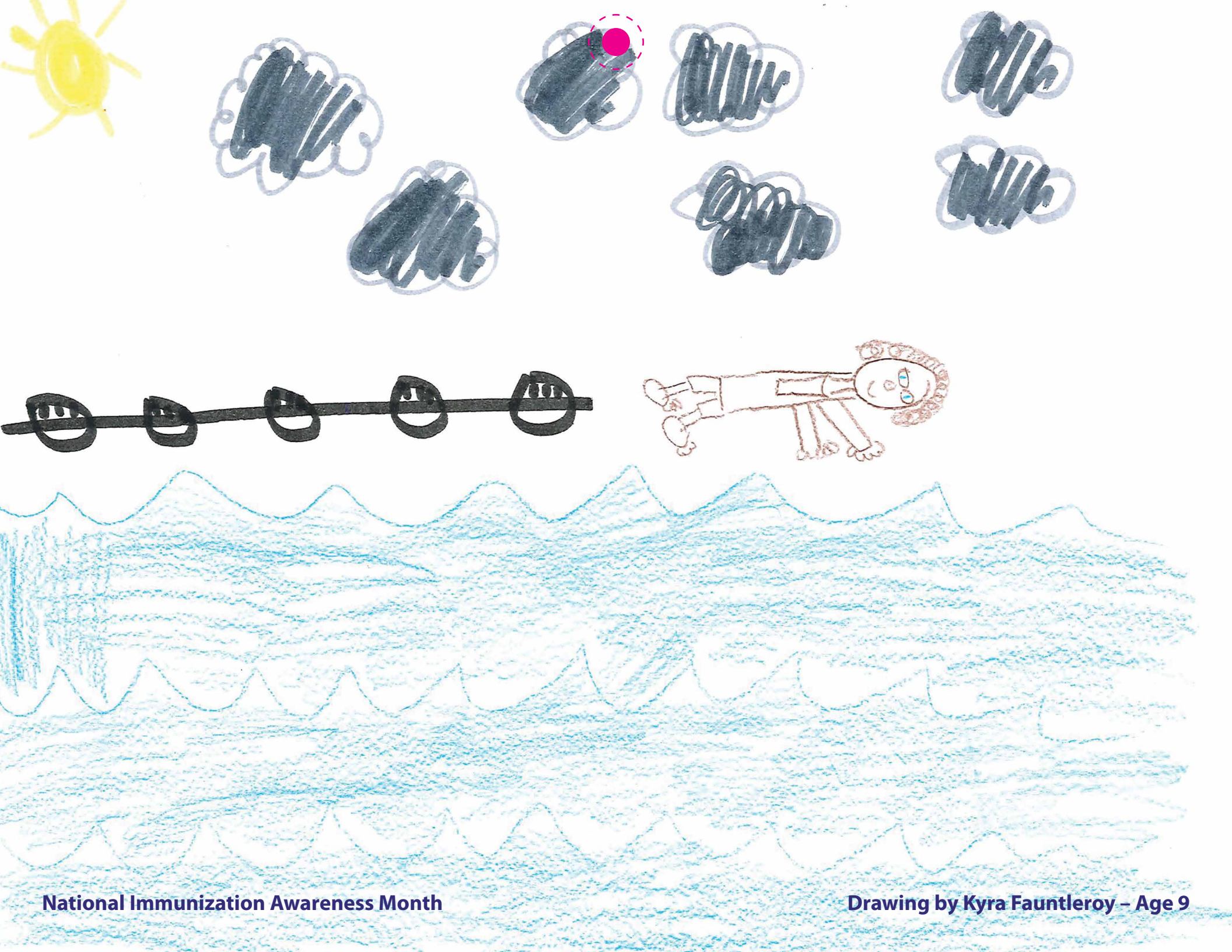
JUNE 2020							AUGUST 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6								1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23/30	24/31	25	26	27	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 <i>Canada Day International Joke Day</i>	2 <i>I Forgot Day</i>	3	4 <i>Independence Day</i>
5	6	7 <i>Tell the Truth Day</i>	8	9	10 <i>Teddy Bears' Picnic Day</i>	11
12 <i>Simplicity Day</i>	13	14	15	16	17	18
19	20	21	22	23	24 <i>Cousins Day</i>	25 <i>Culinarians Day</i>
26 <i>Uncle and Aunt Day</i>	27	28	29	30	31	1



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National Immunization Awareness Month

Drawing by Kyra Fauntleroy – Age 9

AUGUST 2020

JULY 2020							SEPTEMBER 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4			1	2	3	4	5
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31		27	28	29	30			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	Watermelon Day	Sisters' Day				Happiness Happens Day
9	10	11	12	13	14	15
Book Lovers Day		Son and Daughter Day	Middle Child Day			Relaxation Day
16	17	18	19	20	21	22
Tell a Joke Day						Be An Angel Day
23	24	25	26	27	28	29
Ride Like the Wind Day						
30	31		Dog Appreciation Day			
	Eat Outside Day					



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National Childhood Obesity Prevention Month

Drawing by Ryleigh Rondeau – Age 8

Ryleigh 8

SEPTEMBER 2020

AUGUST 2020							OCTOBER 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23/30	24/31	25	26	27	28	29	25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6 <i>Read a Book Day</i>	7 <i>Labor Day</i>	8	9	10 <i>World Suicide Prevention Day</i>	11 <i>Patriot Day Make Your Bed Day</i>	12
13 <i>Positive Thinking Day</i>	14	15	16 <i>Guacamole Day</i>	17 <i>International Country Music Day</i>	18 <i>Rosh Hashanah</i>	19
20	21 <i>National CleanUp Day</i>	22	23	24	25	26 <i>Love Note Day</i>
27 <i>Yom Kippur</i>	28 <i>Good Neighbor Day</i>	29	30	1	2	3



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Children's Health Awareness Month

Drawing by Viviyana Taylor – Age 9

OCTOBER 2020

SEPTEMBER 2020						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

NOVEMBER 2020						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 <i>International Coffee Day</i>	2	3
4 <i>World Smile Day</i>	5	6	7	8	9 <i>Curious Events Day</i>	10
11	12 <i>Columbus Day Thanksgiving Day (Canada)</i>	13	14	15	16	17
18	19 <i>Sweetest Day</i>	20	21	22	23	24
25	26	27	28	29	30	31 <i>Halloween Magic Day</i>



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Drawing by Lilly Hayden – Age 9

OCTOBER 2020							DECEMBER 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Daylight Savings Time Ends		Election Day			Saxophone Day	
8	9	10	11	12	13	14
		Forget Me Not Day	Veterans Day		World Kindness Day	
15	16	17	18	19	20	21
		Take A Hike Day				
22	23	24	25	26	27	28
Go For a Ride Day Buy Nothing Day				Thanksgiving Day		
29	30	1	2	3	4	5



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Save Toys & Gifts Month

Drawing by Brianna Smart – Age 6

DECEMBER 2020

NOVEMBER 2020							JANUARY 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24/31	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8 <i>Pretend to Be a Time Traveler Day</i>	9 <i>Christmas Card Day</i>	10 <i>First Day of Hanukkah</i>	11	12
13	14	15	16	17	18	19
20 <i>Ugly Sweater Day</i>	21	22	23	24	25 <i>Christmas Day</i>	26 <i>Boxing Day (Canada) Thank You Note Day</i>
27	28	29	30	31	1	2



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National Blood Donor Month

Drawing by Zowey Weekly – Age 12

JANUARY 2021

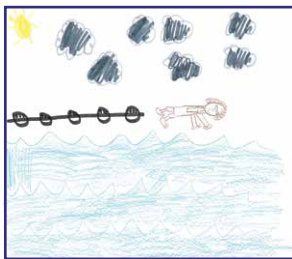
DECEMBER 2020							FEBRUARY 2021						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5		1	2	3	4	5	6
6	7	8	9	10	11	12	7	8	9	10	11	12	13
13	14	15	16	17	18	19	14	15	16	17	18	19	20
20	21	22	23	24	25	26	21	22	23	24	25	26	27
27	28	29	30	31			28						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 <i>New Year's Day</i>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <i>Martin Luther King Jr. Day</i>	19	20	21	22	23
24	25	26	27	28	29	30
31						



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We would like to express our sincere appreciation and gratitude for all the young artists who submitted their artwork and participated in the calendar contest.

The MPNN CSB Prevention, Health & Wellness Division is dedicated to promoting health and wellness throughout our communities by offering a broad range of trainings and services.

For more information, please call us at:
804-642-5402 or 1-888-PREV-550.

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