








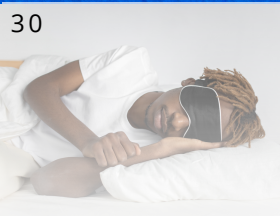


July

SOCIAL WELLNESS MONTH | MINORITY MENTAL HEALTH MONTH | HEALTHY VISION MONTH

MENTAL HEALTH

SUNDAY	MONDAY	TUESDAY	WELLNESS WEDNESDAY	HEALTH HERO THURSDAY	FRIDAY	SELF-CARE SATURDAY
26	27	28	29	30	1	2
3	4 INDEPENDENCE DAY	5	6 	7  DR. RICK KITTLES	8	9 
10	11 WORLD POPULATION DAY	12 <i>Los Angeles Soul Steppers® Virtual Group</i>	13 	14 HEALTH4LIFE SERIES: IMPACT OF INTERGENERATIONAL TRAUMA ON THE MENTAL HEALTH AND WELL-BEING OF BLACK YOUTH	15	16 
17	18	19	20 	21  DR. CHRIS T. PERNELL	22	23 
24	25	26	27 	28 Senior Safari® WORLD HEPATITIS DAY	29	30 
31	1	2	3	4	5	6

July is a great time to get outdoors to soak up some sunshine. Spending time with friends and family is a great way to boost our spirits. Also, in recognition of **Social Wellness and Minority Mental Health Month**, please join our **Health4Life** series webinar on July 14, to learn about the *Impact of Intergenerational Trauma on the Mental Health and Well-being of Black Youth*.