



Continental Societies, Inc.

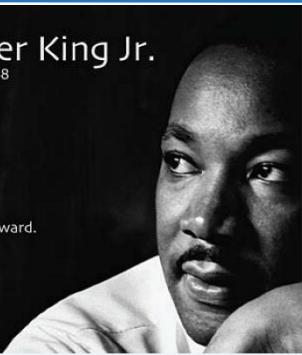
HEER plus Arts & Humanities

2018 Health, Wellness and Other Observances Calendar

Martin Luther King Jr.
January 15, 1929 - April 4, 1968

If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to keep moving forward.

- Martin Luther King, Jr.



JANUARY



- National Birth Defect Prevention Month
- National Drug and Alcohol Facts Week (Last week in January)
- Thyroid Awareness Month
- National Winter Sports TBI Awareness Month
- January 15 --Dr. Martin Luther King -- King Day of Service
- Lessons in a Lunch Box Presentations (During the Month)
- Colgate Van Visits (During the Month)



Reminders for January:

- Continue to record your Volunteer Hours and In-Kind Services
- Start Preparing for our **Saturday, February 17, 2018 Continental National Day of Service**
- Don't forget our National Initiatives **"STEM"** and **"Healthy Eating"**
- Participate in your chapter's HEER plus Arts & Humanities Activities every SIS counts!
- Order books from **Scholastics** for the African American Read-In

