



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>August is...</b> <ul style="list-style-type: none"> <li>National Eye Exam Month</li> <li>Family Fun Month</li> <li>Breastfeeding Awareness Month</li> </ul>			1  World Breastfeeding Week (1 <sup>st</sup> thru 7 <sup>th</sup> )	2	3	4
5	6	7	8 <b>Webinar:</b> <a href="#">Keeping your Good Senses: Hearing &amp; Vision Health</a>	9 <b>BFF Webinar:</b> <a href="#">Your Retirement Goals</a> 	10	11
12	13	14	15	16 <b>Healthy Connections:</b> Caring for Aging Parents- The Sandwich Generation-- Hall of Administration Room B-62	17	18
19	20	21	22 <b>Webinar:</b> <a href="#">Save Your Joints with the Anti-Inflammatory Diet</a>	23	24	25 <a href="#">Countywide Fitness Challenge - Chill Out</a> <a href="#">Dockweiler Beach</a>
26	27	28	29 <b>Wellness Fair:</b> 9am – 2pm  Internal Services Dept. HQ Parking Lot 1100 N. Eastern Ave. Los Angeles CA 90063	30	31	1