



Interesting Dates in September

-September is Self Care Awareness Month

-September 3rd: National Food Bank Day - Donate to your local food bank today!

-September 9th: 9/11 Remembrance Day - Take time today to remember those we lost 20 years ago.

-September 21st: World Gratitude Day - Give thanks for the "little" things today!

-September 22nd: First Day of Fall - It's fall ya'll. Get out your comfy sweaters and enjoy the changing leaves!

-September 29th: National Coffee Day - Enjoy an extra cup of joe today!

SEPTEMBER

2021

SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Online Stress Management, Virtual	2 Diabetes Support Group, Virtual	3	4
			Caregiver Support Group, Carlisle			
5	6 	7 Diabetes Self Management Education, Lebanon	8	9 Freedom from Smoking, Virtual	10	11 2021 Hershey Walk for Apraxia, Hummelstown
		General Cancer Support Group, Virtual				2021 Adams Mason Dixon Heart Walk, New Oxford
12 Healthy Kids Running Series Fall 2021, Mechanicsburg	13 Smart Start Storytime, Lebanon	14	15	16 Kids Discover: Creek Critters at Lykens Glen Park, Harrisburg	17 	18 13th Annual York YMCA Kids Triathlon, York
				Low Sodium Soup Sale - Tomato, York		2nd Annual Central PA Yoga Love Fest 2021, Duncannon
19 Three Creek Century, Newville	20	21	22 	23	24 Tea Festival at the Rosemary House, Harrisburg	25 Llamaste Yoga, York Springs
						HABPI's 6th Annual Ride for Trails, Gettysburg
26 WoofStock 2021, Harrisburg	27 Vitality 2021: Nutrition, Physical Activity & Stress Management for Your Wellbeing, Virtual	28	29 Women Winning & Wellness Support Group, Virtual	30	1	2