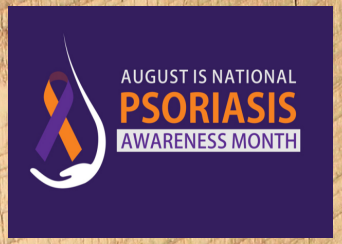
August 2022

PROJECT TECH
WHERE GENERATIONS CONNECT



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 **Watermelon Highest alkalising fruit**	3	4 **Watermelon Reduces blood pressure**	5 **Watermelon Boosts immune system Cleanse Kidneys Fights cancers**	**Kind words are like honey, sweet to the soul and healthy for the body.**
7	8 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon Virtual Diabetes Support Group 6:00 PM**	9	10	11 **National Sons & Daughters Day**	12	13
14	15 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon Health By Design Support Group 6:00 PM**	16 **PowerPoint/Google Slides 10:00 AM - 12: 00 Noon S. E. W. for Seniors 11:00 AM - 1:00 PM Excel 6:00 PM**	17	18 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon Excel 6:00 PM**	19 **World Photography Day 9:00 AM - 1:00 PM**	20 **World Photography Day 12:00 PM - 4:00 PM**
21	22 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon Health By Design Support Group 6:00 PM**	23 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon S. E. W. for Seniors 11:00 AM - 1:00 PM Google Docs 6:00 PM**	24 **Have a self care day**	25 **PowerPoint/Google Slides 10.00 AM - 11:00 AM Excel 6:00 PM Google Docs 6:00 PM**	26 **Heart Initiative 2;00 PM - 4:00 PM TECC**	27
28	29 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon Health By Design Support Group 6:00 PM**	30 **PowerPoint/Google Slides 10:00 AM - 12:00 Noon S. E. W. for Seniors 11:00 AM - 1:00 PM Google Docs 6:00 PM**	31	**Promote PT Social Media during the month of September**		