

Baldwin Publishing's Social Media Wellness Guide
August 2020


Contact us to view the full content that comes with this wellness guide!

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Date	Observance	Content
8/1	Summer Heart Health	Quiz: How Do Summer Temps Affect Your Heart?
8/2	Ice Cream Sandwich Day	Ice Cream Sandwiches
8/3	Watermelon Day	Watermelon Pizza
8/4	National Immunization Month	Why Your Child Needs to Get Back on Track with Immunizations
8/5	Family Fun Month	Is It Safe to Swim in a Pool This Summer?
8/7	Summer Vacation	Planning a Staycation This Summer?
8/8	Zucchini Day	Zucchini Noodles with Creamy Avocado Pesto
8/10	Work from Home	The Ups and Downs of Working from Home
8/11	Health Tip Tuesday	Is It Safe to Go to the Doctor's Office Now?
8/12	Summer Grill Safety	Before You Light the Grill, Do This
8/13	Healthy Grilling	Grilled Chicken with Chimichurri Sauce
8/14	Fitness Friday	How to Safely Stay Active This Summer
8/17	Summer Heat	No AC? How to Stay Cool in the World of COVID
8/18	Fajita Day	Grilled Skirt Steak Fajitas
8/19	Wellness Wednesday	Is the Need to Go Keeping You from Going Out?
8/20	Kids Eat Right Month	5 Tips for Packing Healthy School Lunches
8/21	Back to School	How to Prepare Kids for a Unique School Year
8/24	National Peach Month	Peach Iced Tea
8/25	Stay Active	Why Your Workout is More Important Than Ever
8/26	International Dog Day	The Power of Pets When It Comes to Your Health
8/27	Back to School Lunches	Egg and Cheese Fun Lunch
8/28	Healthy Eating	Healthy Eating Tips that Don't Cost a Lot

Saturday, August 1

Summer Heart Health



Quiz: How Do Summer Temps Affect Your Heart?

Sunday, August 2

Ice Cream Sandwich Day



Ice Cream Sandwiches

Monday, August 3


Watermelon Day



Watermelon Pizza

Tuesday, August 4


National Immunization Month



Why Your Child Needs to Get Back on Track with Immunizations

Wednesday, August 5

Family Fun Month



Is It Safe to Swim in a Pool This Summer?

Friday, August 7


Summer Vacation



Planning a Staycation This Summer?

Saturday, August 8


Zucchini Day



Zucchini Noodles with Creamy Avocado Pesto

Monday, August 10


Work from Home



The Ups and Downs of Working from Home

Tuesday, August 11


Health Tip Tuesday



Is It Safe to Go to the Doctor's Office Now?

Wednesday, August 12


Summer Grill Safety



Before You Light the Grill, Do This

Thursday, August 13

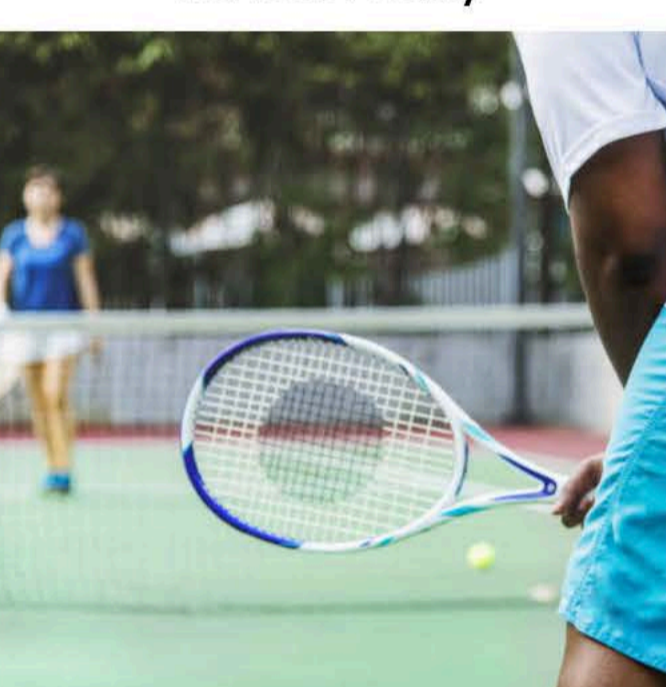
Healthy Grilling



Grilled Chicken with Chimichurri Sauce

Friday, August 14


Fitness Friday



How to Safely Stay Active This Summer

Monday, August 17

Summer Heat



No AC? How to Stay Cool in the World of COVID

Tuesday, August 18


Fajita Day



Grilled Skirt Steak Fajitas

Wednesday, August 19


Wellness Wednesday



Is the Need to Go Keeping You from Going Out?

Thursday, August 20


Kids Eat Right Month



5 Tips for Packing Healthy School Lunches

Friday, August 21

Back to School



How to Prepare Kids for a Unique School Year

Monday, August 24


National Peach Month



Peach Iced Tea

Tuesday, August 25


Stay Active



Why Your Workout is More Important Than Ever

Wednesday, August 26

International Dog Day



The Power of Pets When It Comes to Your Health

Thursday, August 27


Back to School Lunches



Egg and Cheese Fun Lunch

Friday, August 28

Healthy Eating



Healthy Eating Tips that Don't Cost a Lot