


April 2021



Wellness, Health Promotion and Prevention

Alcohol Awareness Month

Stress Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 "Take Down Tobacco" <u>National Day of Action.</u>	2 Need <u>local support for vaping?</u> Text VapeFreeFFX to 88-709.	3 Are you prepared to talk with your children about underage drinking? <u>Schedule a "Talk They Hear You" presentation.</u>
4 Enroll in a <u>Mental Health First Aid course</u> with a friend.	5 Take a QPR training to help prevent suicide. <u>Sign up</u> for a class today at 6:30 p.m.	6 <u>Get the facts on various health topics from aging to mental health and more.</u>	7 <u>World Health Day</u>	8 Schedule a yearly doctor visit.	9 <u>Register for a REVIVE! class, today at 9 a.m.</u>	10 Thank a health care worker for all they do.
11 <u>Take care of yourself, promote a healthy diet for you and your family.</u>	12 <u>Register for a REVIVE! class, today at 2 p.m.</u>	13 <u>Keep an active lifestyle.</u>	14 Register for the virtual <u>Healthy Strides 5k/10k</u> on May 1 to stay active and support the Fairfax County Park Foundation.	15 <u>Download the myStrength app, sign up, and use access code 'CSBCommunity'</u> to learn more about reducing stress.	16 National Stress Awareness Day	17 <u>Engage in self-care.</u>
18 <u>Become a Lock and Talk family, read all about it here and pick up free materials.</u>	19 <u>Drug Take Back Day</u> is on Saturday, from 10 a.m. to 2 p.m. – gather medication that needs to be disposed.	20 <u>Register for a REVIVE! class, today at 6:30 p.m.</u>	21 Want to get involved with the Drug Take Back events? Join the <u>Fairfax Prevention Coalition!</u>	22 Can't make it to the Drug Take Back event? Pick up a drug deactivation bag at one of our <u>pick-up locations.</u>	23 QPR, Help prevent suicide. <u>Sign up</u> for a class today at 10 a.m.	24 <u>Drug Take Back Day</u> 10 a.m. to 2 p.m.
Every Kid Healthy Week						
25 Fun fact: <u>You can drop your unused or expired medications at the police station's drop box 24/7.</u>	26 Work with youth? Sign up for a <u>Youth Mental Health First Aid course.</u>	27 Grow preschool-aged students' personal, social and emotional skills with the <u>AI's Pals program.</u>	28 <u>Register for a REVIVE! class, today at 11 a.m.</u>	29 Be part of building a resilient community; learn more about <u>Adverse Childhood Experiences (ACES).</u>	30 Do you know a preschool that could benefit from the <u>AI's Pals program?</u>	



Reasonable accommodations provided upon request; call 703-324-7000, TTY 711

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