

JUNE

WELLNESS CALENDAR

June is the official beginning of summer, and we hope you can find a healthy activity to kick off the season. Be sure to take care of yourself, this month and every month. Click on the links to learn more about events.



ROCKBRIDGE AREA
PREVENTION COALITION
WE'VE GOT YOU COVERED!

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <u>Mental Health</u> <u>Yard sign pick-up</u> <u>11-1</u>	2 <u>Understanding</u> <u>ACE's</u> <u>Training</u> <u>9-12</u>	3 Decorate your work or living space with a meaningful quote	4 <u>Friday's Alive</u> <u>5:30pm</u>	5 <u>South Ridge Band</u> <u>at Brew Ridge Taps</u> <u>7-10</u>
6 <u>You, Me,</u> <u>& Our Bees</u> <u>7pm</u>	7 Follow RAPC on <u>Facebook</u> and <u>Instagram</u>	8 <u>Revive! Overdose &</u> <u>Naloxone Training</u> <u>2pm</u>	9 <u>RAPC Meeting</u>	10 <u>Stargazing at</u> <u>Natural Bridge</u> <u>State Park</u> <u>5-11:45</u>	11 <u>Addiction &</u> <u>Suicide Risk</u> <u>w/ Dr. Loyd</u> <u>1-3</u>	12 <u>Kerr's Creek</u> <u>Community Market</u> <u>9-12</u>
13 Laugh	14 Watch the sunrise or the sunset	15 Listen to a podcast	16 <u>Understanding</u> <u>ACE's</u> <u>Training</u> <u>9-12</u>	17 Acknowledge a feeling	18 Notice the weather	19 <u>Project Horizon's</u> <u>Juneteenth</u> <u>Art Exhibit</u> <u>5pm</u>
20 <u>Visit the Lavender</u> <u>Fields at</u> <u>Tantivy Farm</u>	21 Listen to a song	22 Do a breathing practice	23 <u>Youth Mental</u> <u>Health First Aid</u>	24 <u>Check out a</u> <u>Let's Go: Activity Kit</u> <u>from RRL</u>	25 Use a new herb or spice in your food	26 <u>Hull's Drive-In</u> <u>Community Market</u> <u>8-1</u>
27 <u>VA Bigfoot</u> <u>Festival</u> <u>10am</u>	28 <u>Community Table</u> <u>Drive-Thru</u> <u>6pm</u>	29 <u>Visit Cave</u> <u>Mountain Lake</u>	30 <u>Lexington</u> <u>Farmer's Market</u> <u>8-12</u>			