

January

"Dear Cancer, you will never break me." - Adrienne

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
29	30	31	01 <i>For grand & big</i>	02	03	04	Canadian Cancer
05	06	07	08	09	10 <i>Take a picture of nature</i>	11	None
12	13	14	15	16	17	18	
19	20 <i>Have a day from gratitude</i>	21	22	23	24	25	
26	27	28 <i>Practice for 3 minutes</i>	29	30	31	01	

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February

"Cancer, my journey continues without you." - Paola

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
28	29	28	29	30	31	01	1 National Cancer Prevention Month 2 Constitution & Bill of Rights
02	03	04 <i>Work on your day</i>	05	06 <i>Self-compassion for how you feel</i>	07	08	None
09	10 <i>Start yourself</i>	11	12	13	14	15	
16	17	18	19	20	21 <i>End of the world</i>	22	
23	24	25	26	27	28 <i>Practice for 3 minutes</i>	29	

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March

"Dear Cancer, I will never surrender!" - Deborah

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
23	24	25	26	27	28	01 <i>Remember the President</i>	1 Canadian Cancer 2 Military Cancer 3 National Hypertension 4 Lupus Awareness
02	03 <i>Take a picture of nature</i>	04	05	06 <i>Practice for 3 minutes</i>	07	08	None
09	10	11 <i>Have a day from gratitude</i>	12	13	14	15	
16	17	18	19	20	21 <i>Practice for 3 minutes</i>	22	
23	24	25	26	27	28	29	
30	31						

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April

"I had cancer, it didn't have me." - Kim

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
01	02	03	04	05	06	07	1 National Cancer Prevention Month 2 Constitution & Bill of Rights 3 National Cancer Research Month 4 National Cancer Research Month
08	09	10	11	12	13	14	None
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	02	03	04	05	

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May

"Cancer, you don't define me ever." - Cathie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
26	27	28	29	01 <i>For grand & big</i>	02	03	1 National Cancer Prevention Month 2 Constitution & Bill of Rights 3 National Cancer Research Month 4 National Cancer Research Month
04	05	06 <i>Practice for 3 minutes</i>	07	08 <i>Practice for 3 minutes</i>	09	10	None
11	12 <i>Practice for 3 minutes</i>	13	14	15	16	17	
18	19	20	21 <i>Practice for 3 minutes</i>	22	23	24	
25	26 <i>Practice for 3 minutes</i>	27	28	29	30	31	

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June

"You are not alone." - HIC Team

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
01	02	03	04	05	06	07	1 National Cancer Prevention Month 2 Constitution & Bill of Rights 3 National Cancer Research Month 4 National Cancer Research Month
08	09	10	11	12	13	14	None
15	16	17	18	19	20	21	
22	23	24 <i>Practice for 3 minutes</i>	25	26	27 <i>Practice for 3 minutes</i>	28	
29	30	01	02	03	04	05	

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July

"It's okay not to be okay." - Jas

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
27	28	01	02	03	04	05	1 National Cancer Prevention Month
06	07 <i>Practice for 3 minutes</i>	08	09	10	11	12	None
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31	01	02	

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August

"Random acts of kindness change lives." - Nikhil

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Observance Month
27	28	29	30	31	01	02	1 National Cancer Prevention Month 2 Constitution & Bill of Rights
03	04	05	06	07	08	09	None
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

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