



What makes you happy?  
What brings you joy?  
What inspires you?  
What helps you feel healthy?  
What helps you feel hopeful?

This calendar is for you to share about how you take care of yourself, your family, and your community.

## A Calendar of Well-Being 2022

Win a spot in our calendar by submitting your favorite photo.

Size: 11" x 8.5" (jpg or png) - Landscape.

Minimum Resolution: 300 DPI

Open to all ages.

Email it to: [prevent@mpnn.state.va.us](mailto:prevent@mpnn.state.va.us)

Deadline: August 30, 2021

Questions? Please call us at:

804.642.5402 or 1-888.PREV.550



MPNN CSB Prevention, Health & Wellness

