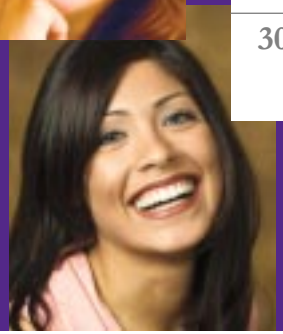
MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 Talk to someone you trust if you feel sad often. Hable con alguien de confianza si se siente triste a menudo.
2	3	4	5	6 Every once in a while, do smething fun for yourself. De vez en cuando, trate de hacer algo divertido para usted misma.	7	8
9 Stay active indoors. Stretch or dance to feel energized. Manténgase active dentro de la casa.	10	11	12	13	14	15
16	17	18 Use this calendar to schedule fun "dates" with your friends. Use este calendario para marcar las fechas de salir a divertirse con sus amigas.	19	20	21	22
23	24	25	26	27	28 Make a list of your family's activities and set priorities. Haga una lista de las actividades de su familia y dé prioridad a las mismas.	29
30	31					



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U.S. Department of Health and Human Services