



RECOMMENDED SOCIAL MEDIA MESSAGES TIMELINE

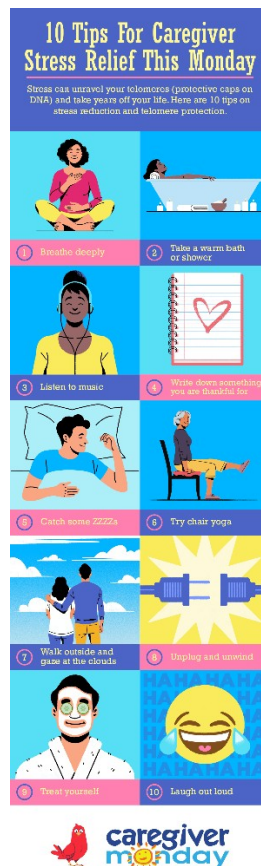
Note: Partners are encouraged to use any of these graphic images in their caregiving communication efforts at any time. Below we have listed certain occasions that tie into the specific assets and activities.

Remember to use our hashtag: **#CaregiverMonday**

April 6

April is National Stress Awareness Month #NationalStressAwarenessMonth

April 6 -12 is National Public Health Week @NPHW



Blog link: www.caregivingclub.com/caregiver-monday/

April 13

April is National Humor Month #NationalHumorMonth



April 20

April 19-25 is National Volunteer Week #NationalVolunteerWeek



April 27

April 30 is National Pet Therapy Day #NationalPetTherapyDay



May 4

May 10 is Mother's Day #MothersDay



May 11

May is Older Americans Month #OlderAmericansMonth



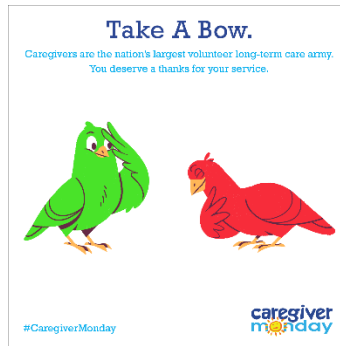
May 18

May is National Mental Health Awareness Month #mhm2020



May 25

May 25 is Memorial Day and May is also National Military Caregiver Month
#MilitaryFamilyMonth



June 1

June is National Alzheimer's & Brain Health Awareness Month #ENDALZ
#BeBrainPowerful



June 8

June 20 is Summer Solstice - the longest day of the year #SummerSolstice
#BeBrainPowerful



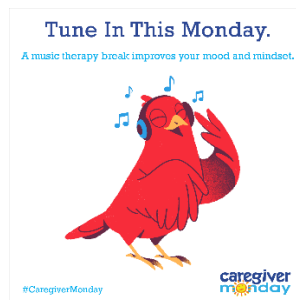
June 15

June 21 is Father's Day #FathersDay



June 22

June 21 is National Music Day #NationalMusicDay



June 29

