



Together we **CAN**
Care · **Advocate** · **Network**

2012 Calendar

Sample

Reduced here for easier viewing – but they're standard sized wall hanging calendars.....



JULY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>Canada Day</small>	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

tips & tricks

- Always carry and use hand sanitizer for those times when soap and water isn't available.
- Many people prefer slip-on shoes. No bending over to tie shoe laces.
- Always carry your rescue puffer.
- When you cook a meal, double the amount and freeze it for those bad air or low energy days.
- When climbing stairs, inhale when you're on a step, exhale as you go up a step or two. Repeat as necessary.
- If you're feeling weak, do not take a bath or shower while you're alone.