

# AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 PK Silver 10am	2	3 Study 9-10am	4
5	6	7 Study 9am-12noon National Night Out 6-8pm	8 PK Silver 10am	9 Study 9am-12noon	10 Study 9am-12noon	11
12	13 PK School 10am	14 PK School 10am	15 PK Silver 10am PK School 10am	16 PK School 10am	17	18
19	20	21	22 PK Silver 10am	23	24	25
26	27	28	29 PK Silver 10am	30	31	



August can be beastly hot. Follow these tips to stay cool:

- Limit most outdoor activities to morning and evening.
- Wear light, loose-fitting clothes
- Stay hydrated: drink lots of water.
- Watch for signs of heat stroke: headache, rapid pulse, lack of sweat, red hot dry skin, dizziness, nausea, and feeling tired or weak.



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