

2023

# APRIL

## Alcohol Awareness Month

30 days of sober fun

SUN	MON	TUE	WED	THU	FRI	SAT
						1 make a video on your "why"
2 try a new restaurant	3 toss a ball around	4 spend time with an animal	5 go rock climbing	6 <u>Nat'l Alcohol Screening Day</u>	7 participate in Alcohol Free Wknd	8 go to a Farmer's Market
9 go on an egg hunt	10 start a journal	11 try a new recipe	12 go to the zoo	13 go for a walk with a friend	14 have a movie night	15 take a short vacation
16 hang out at a lake	17 learn a new instrument	18 try playing a new sport	19 take a tour of your city	20 go bowling	21 ride a bike	22 go hiking or camping
23 draw with chalk / eat at a food truck	24 join a book club	25 go see a movie	26 visit a museum	27 <u>Prevention WorKS</u>	28 go disk golfing	29 volunteer
30						