



SLEEP STORY
JOURNEY TO THE STARS

MINDFUL TOOLS
MINDFUL ROUTINES
WINDING DOWN FOR BED

WISDOM
MATTERING: FEELING VALUED AND CONNECTED

DID YOU KNOW?
YOUR EFAP PROGRAM PROVIDES

**FINANCIAL
ADVICE**

CLICK ON THE HOMEWOOD HEALTH QUICK LINK ON THE RESOURCE HUB DASHBOARD TO FIND OUT MORE.



Homewood Health

Experience the power of care

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
		1	2	3	4	5	SEPT 2026
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 				
							 



SLEEP STORY
WONDER

CALM LIFE
HEALTH AND FITNESS
WALK AWAY STRESS

MOVEMENT
ENERGIZE YOUR
MORNING
DAILY MOVE

DID YOU KNOW?
YOUR EFAP PROGRAM
PROVIDES

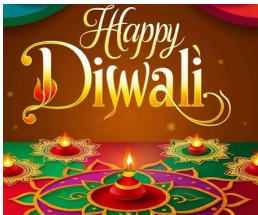
ELDERCARE

CLICK ON THE HOMEWOOD
HEALTH QUICK LINK ON THE
RESOURCE HUB DASHBOARD
TO FIND OUT MORE.



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
				1 	2 	3	OCTOBER 2026
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	
							 



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
1	2	3	4	5	6 	7	NOVEMBER 2026
8	9	10	11 	12	13 	14	
15	16	17	18	19	20 	21	
22	23	24	25	26	27	28	
29	30						





SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
		1	2	3 	4 	5	DECEMBER 2026
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			





SLEEP STORY
A SCHOOL IN THE MOUNTAINS

MINDFUL TOOLS
BREATHING
BALANCE

REFLECTIONS
CALM LIFE
RITUALS OF THE LAKES & MOUNTAINS

DID YOU KNOW?
YOUR EFAP
PROGRAM PROVIDES

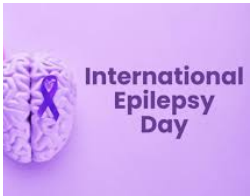
**MENTAL HEALTH
RESOURCES**

CLICK ON THE HOMEWOOD
HEALTH QUICK LINK ON THE
RESOURCE HUB DASHBOARD TO
FIND OUT MORE.



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
					1	2	JANUARY 2027
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	
							



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
	1 	2	3	4	5	6	FEBRUARY 2027
7	8	9 	10	11	12	13	
14	15 	16	17	18	19	20	
21	22	23	24 	25	26	27	
28							
							



SLEEP STORY
THE MINOR
MYSTERIES: FIFTEEN
UMBRELLAS

SOUNDSCAPES
DAWN AT A MIDCOAST
HARBOR

REFLECTIONS
WHAT ARE YOU
GRATEFUL FOR?

DID YOU KNOW?
YOUR EFAP
PROGRAM PROVIDES

**DISABILITY
MANAGEMENT**

CLICK ON THE HOMEWOOD
HEALTH QUICK LINK ON THE
RESOURCE HUB DASHBOARD TO
FIND OUT MORE.

14

years

Homewood
Health

Experience the power of care

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
	1	2	3	4	5	6	MARCH 2027
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				
							



SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
				1	2	3	APRIL 2027
							
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		
							

 SLEEP STORY THE ART OF PRESENCE SOUNDSCAPES RAIN ON LEAVES MOVEMENT ENERGIZE YOUR MORNING MOVING FOR FUN	SUN 2	MON 3 	TUE 4	WED 5 	THU 6	FRI 7 	SAT 8	NOTES MAY 2027 
	9	10	11	12	13	14	15	
DID YOU KNOW? YOUR EFAP PROGRAM PROVIDES MARITAL COUNSELLING CLICK ON THE HOMEWOOD HEALTH QUICK LINK ON THE RESOURCE HUB DASHBOARD TO FIND OUT MORE.	16 	17	18	19	20 	21	22	
	23	24	25	26	27	28	29	
	30	31						



SLEEP STORY
A NIGHT UNDER THE STARS IN CORSICA

KIDS MEDITATION
DIG OUT OF IT

WISDOM HABITS
DISCOVERING HAPPINESS

DID YOU KNOW?
YOUR EFAP PROGRAM PROVIDES

SMOKING CESSATION

CLICK ON THE HOMEWOOD HEALTH QUICK LINK ON THE RESOURCE HUB DASHBOARD TO FIND OUT MORE.

140 years

Homewood Health

Experience the power of care

SUN	MON	TUE	WED	THU	FRI	SAT	NOTES
		1 NATIONAL INDIGENOUS HISTORY MONTH	2	3	4	5	JUNE 2027
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21 National Indigenous Peoples Day	22	23	24	26	26	
27	28 HAPPY PRIDE DAY	29	30				
							

