



# THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

## GENOA SCHOOL SUPPLY DRIVE



Our Genoa Pharmacy staff hosted a school supply drive in both Fort Morgan and Sterling this past Thursday. Photos

are from the Fort Morgan drive. Thank you all for doing this for our community children and families.



## NEW MONDAY NEW WEEK NEW GOALS



## PREVENTION CALENDAR SAVING THE DOUGH!

This month's prevention calendar is coming at ya a little late, but you still have the opportunity to check out some of the great "dough saving" tips below!

this month is all about saving the dough!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 DOWNLOAD APP W/ SAVINGS FOR NEXT PURCHASE
2 GET A GENERIC BRAND	3 TIME YOUR SHOWER TODAY	4	5 USE A COUPON	6	7 MEAL PREP VS. EAT OUT	8 LESS LIGHTS ON TODAY
9	10 REASSESS SUBSCRIPTIONS	11	12 DOWNLOAD APP W/ SAVINGS FOR NEXT PURCHASE	13	14 USE A COUPON	15 GET A GENERIC BRAND
16 LESS LIGHTS ON TODAY	17 USE A COUPON	18	19 MEAL PREP VS. EAT OUT	20 TIME YOUR SHOWER TODAY	21	22 LESS LIGHTS ON TODAY
23	24 DOWNLOAD APP W/ SAVINGS FOR NEXT PURCHASE	25 GET A GENERIC BRAND	26	27 ESTABLISH MONEY GOALS	28 TIME YOUR SHOWER TODAY	29
30 LESS LIGHTS ON TODAY	31 MEAL PREP VS. EAT OUT					

# AUGUST 2020



Brought to you by our Centennial Prevention Team