

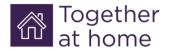
## 31-DAY WELLNESS CALENDAR (AUGUST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						A new month means new goals. Here's how to set goals and stick to them
2	3	4	5	6	7	8
Here's how to bring your dream holiday home ▶	Begin a new week with a walk	Draw or paint a picture, take inspiration from your home or garden	What are you most looking forward to as lockdown begins to ease? ▶	How many of these superfoods can you introduce into your diet?	Try these photography tips for picture perfect photographs ▶	Call a friend or family member
9	10	11	12	13	14	15
Enjoy Afternoon tea at home ▶	Test your general knowledge with our trivia quiz	Relax with a jigsaw puzzle or a board game	Tonight is the perfect night to try and view the Perseids meteor shower ▶	Toast the summer with a cocktail. Try the English 77 ▶	Try an online fitness class	Saturday calls for our lemon meringue pie recipe
16	17	18	19	20	21	22
How many of these English wine facts do you know? ▶	Have you read any of these recommended books?	Have you visited any the happiest places to live in Britain?	This strawberry, watermelon and mint smoothie is a must-try	How many of these July daily delights did you try? ▶	Can you guess any of these UK city anagrams?	Pack your favourite food and drink and go out for a picnic
23	24	25	26	27	28	29
Visit a local 'pick your own' farm	Have you tried this super simple Victoria Sponge recipe?	How many destinations can you correctly identify in our quiz? ▶	Try these physio tips	Listen to some music you haven't heard for a while	You won't be able to resist this secret chocolate cake recipe	Plan a night in with a film or watch something new on Netflix
Listen to a new podcast. Here's our how to guide to get started	31 Bank Holiday Monday calls for a BBQ!					

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