### 2020 Monthly Challenges

**January**
- Stress Less

**February**
- Screen Time Detox

**March**
- Healthy Recipe Toolbox

**April**
- Get Your Gratitude On

**May**
- Physical Activity

**June**
- #EndNurseAbuse

**July**
- Physical Activity

**August**
- Hydration

**September**
- Healthy Student Nurse

**October**
- Move More Now

**November**
- Diabetes Awareness

**December**
- Super Sleeper