










1	2	3	4	5	6
<p>Don't let seasonal allergies ruin your day, <b>AERIUS</b> will help relieve those annoying itches and sniffles for 24 hours!</p>	<p>Start the day with a positive affirmation.</p> 	<p>Treat your feet to some much needed R&amp;R with a footbath and <b>Dr. Scholl's Massaging Gel Insoles</b>.</p>	<p>Push yourself to try a new workout that challenges your mental and physical strength! <b>ALEVE Back &amp; Body Pain</b> can help with those aches and pains the next day.</p>	<p>Stretch! Whether it's a yoga class or at home, release the tension in your body with a nice long stretching session.</p> 	<p>Protect your little ones from the sun's harmful rays with <b>Coppertone Kids Sunscreen!</b></p>
7	8	9	10	11	12
<p>Try journaling! Take just ten minutes to write out your thoughts and feelings for mental clarity and awareness.</p> 	<p>Make it a morning routine to help with your daily dose of vitamins, with <b>One A Day Gummies</b>.</p>	<p>It's time to start caring for your hair, <b>Priorin</b> can help maintain healthy locks!</p>	<p>Take a nice long bubble bath! Add some soothing music and a good book and you're well on your way to total relaxation.</p> 	<p>Do your body a favour and keep <b>Midol</b> in your purse for when menstruation symptoms arise. Its fast and effective relief will be your monthly savior!</p>	<p>Make sure you're getting proper sleep each night. <b>ALEVE Nighttime</b> will help relieve nighttime aches and pain for a more peaceful sleep.</p>
13	14	15	16	17	18
<p>Spend time with someone you love. Quality time with our favourite people is the best therapy.</p> 	<p>Get outdoors for some fresh air! Taking <b>Claritin</b> will help relieve allergy symptoms, so you can enjoy all summer has to offer.</p>	<p>Add mindfulness into your weekly routine! It's effective for reducing stress and will leave you feeling mentally refreshed.</p> 	<p>Do you have picky little eaters in your house? <b>Flintstones multivitamins</b> can help fill vitamin gaps, when diet is not enough, in a convenient and tasty gummy!</p>	<p>Running season is finally here, which means your feet may not be as fresh. Relieve burning and itching from athlete's foot with <b>Tinactin cream</b>.</p>	<p>Walking around with a stuffed or running nose? Try using <b>hydraSense Gentle Mist</b> to alleviate nasal cold symptoms.</p>
19	20	21	22	23	24
<p>After looking at a screen all day, our eyes can get dry and tired. Take a break from electronics an hour before bed and soothe your eyes with <b>hydraSense Eye Drops</b>.</p>	<p>Create healthy habits that can help maintain immune function! <b>Redoxon</b> is a great way to get Vitamin C.</p> 	<p>Give your skin the love it deserves by hydrating and protecting from the sun at the same time, with <b>Coppertone Whipped Sunscreen</b>.</p>	<p>Get outside! Go enjoy nature with your favourite outdoor activity.</p> 	<p>Wear your favourite sandals with confidence. Keep your feet pretty and blister free with <b>Dr. Scholl's Blister Cushions</b>.</p>	<p>Take the time to declutter something, whether it be your bedroom or your inbox! It feels great to be organized!</p> 
25	26	27	28	29	30
<p>Clear your mind with outdoor family time and leave those electronics at home! Don't forget to pack <b>Muskol</b> so you're ready to hit the great outdoors!</p>	<p>Treat yourself to a night on the town. <b>Dr. Scholl's Stylish Step High Heel Insoles</b> will help you dance in those heels all night long!</p>	<p>Put your phone down today, be present and engaged.</p> 	<p>Restore your body's natural rhythm with <b>RestoraLAX!</b></p>	<p>Nourish your body! Tonight, cook your favourite healthy meal.</p> 	<p>Enjoy late summer days by planting flowers in your garden, keeping <b>Aspirin</b> on hand in case of back or muscle pain.</p>

## International Self-Care Day (ISD)



International Self-Care Day (ISD) is a worldwide campaign encouraging responsible self-care. We celebrate Self-Care Day on July 24th as a reminder that the benefits are life long and can be felt 24 hours a day, 7 days a week. As a leader in consumer health, Bayer is passionate about bringing self-care to the forefront to help Canadians take their health into their own hands.

