

# MAY 2026

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	01 <b>NATIONAL ARTHRITIS AWARENESS MONTH</b> Share a post for Arthritis Awareness Month and how your team can help.	02
03	04 <b>NATIONAL WOMEN'S HEALTH MONTH</b> Celebrate Women's Health Month and highlight ways your team supports women's health.	05	06	07 <b>KEEP THE AWARENESS GOING</b> Share a post about women's health or arthritis to educate your patients on conditions, symptoms, and how your team can help!	08 <b>FACT FRIDAY</b> Share a fun fact to share with your patients, such as the origins of a technique.	09
10 <b>MOTHER'S DAY</b>	11 <b>MOTIVATION MONDAY</b> Share you or a team member's favorite quote or moment in time and why it inspires you!	12 <b>TIP TUESDAY</b> Share a helpful tip on how to avoid pain or reduce pain through lifestyle adjustments!	13 <b>KEEP THE AWARENESS GOING</b> Share a post about women's health or arthritis to educate your patients on conditions, symptoms, and how your team can help!	14	15 <b>FOODIE FRIDAY</b> Share a favorite healthy recipe!	16
17	18 <b>MOTIVATION MONDAY</b> Share you or a team member's favorite quote or moment in time and why it inspires you!	19 <b>TEAM TUESDAY</b> Share a Photo or Video spotlight of a team member! What are their hobbies and favorite thing about work?	20	21 <b>INSIDE THE PRACTICE</b> Share some photos or a video from inside your practice!	22 <b>FACT FRIDAY</b> Share a fun fact to share with your patients, such as the statistics of a condition.	23
24	25 <b>MEMORIAL DAY</b>	26	27 <b>WE CAN HELP WEDNESDAY</b> Share a post about a condition or service that your team can help with.	28 <b>KNOW THE SIGNS</b> Share the symptoms and signs of a condition you help treat.	29 <b>KEEP THE AWARENESS GOING</b> Share a post about women's health or arthritis to educate your patients on conditions, symptoms, and how your team can help!	30