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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |  |  |  |  |  |

 | 1/6- HRCAP Weight Loss seminar1/26- HRCAP Depression Webinar1/24 – 1/28 National Drug and Alcohol Facts Week  |  |

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| JULY  |
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 | 7/8 – PCDC Board Meeting7/9 – Policy Pathways Graduation 7/5 – Employment Cohort Information Session7/12 – Hypertension Health Seminar (Tentative)\*7/21 – HRCAP Food Pantry\*7/21& 7/26 – Interviewing Strategies Workshop7/26 – Exercise Class (Tentative) |
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| FEBRUARY |
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 | 2/1 – 2/4 - African Heritage and Health Week2/9 – Parent Workshop Project Discovery 2/12 – Project Discovery Bowling Event2/14, 2/18, 2/23 - Health Cohort Info Session2/17 – Air Force NAF Civilian  |  |

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| AUGUST  |
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 | 8/4 – All day one on one sessions8/8 Resume Building 8/11 Hiring Information Session 8/15 Agency Closed – Training Day8/18 – HRCAP Food Pantry\*8/23 – Dental Health Seminar (Tentative)\*8/22 – Exercise Class (Tentative)8/28 – WFA Social – Busch Gardens  |
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 | 3/1 – 3/31 – Community needs assessment (health service)3/10 – Protecting your home 3/24 – Homebuyer Information Session3/24 – Cocktails for a causeFACES Tax Preparation |  |

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| SEPTEMBER  |
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 | 9/4 – WFA Social – VA Aquarium9/15 – HRCAP Food Pantry\*9/20 – Exercise Class (Tentative)9/18 – WFA Social – Botanical Gardens9/27 – Healthy Pregnancy Seminar (Tentative)\*9/3 -9/24 – National Recovery Month Pain Awareness Month 9/29 – Your Voice Your Vote Conversation  |
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| APRIL |
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 | 4/1 0 4/7 – National Public Health Week4/8 – Social Security Updates 4/9- Health Fair at Downing-Gross4/11 – 4/15 – National Youth Violence Prevention Week4/14 – HRCAP Food Pantry4/14 – Identifying Theft, Elder, Abuse & Scams |  |

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| OCTOBER |
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 | 10/3 – 10/7 – National Substance Abuse Prevention 10/7 PCDC Board Meeting 10/15 – WFA Pumpkin Patch: Virginia Beach10/20 – HRCAP Food Pantry\*10/25 – Exercise Class (Tentative)10/4 – Suffolk Financial Literacy Class |
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| MAY |
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 | 5/19 – HRCAP Food Pantry\*5/14 – Employment Cohort Information Session5/18 – Employment Cohort Information Session5/19 – Community Builder’s Award 5/23 – Employment Cohort Information Session5/1 – 5/31 – Hepatitis Awareness Month  |  |

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| NOVEMBER |
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 | 11/2 - Diabetic Eye Disease Month 11/4 – Why Rent When you can own?11/15 – Let’s Talk Credit11/8 – Holiday Stress Seminar (Tentative)\*11/17 – HRCAP Food Pantry\*11/22 – WFA / Emergency Service Food Distribution – Newport News11/23 – WFA Food Distribution – Chesapeake  |
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 | 6/9 Successful Renter workshop6/11, 6/25 – First time Homebuyer Education class6/16 – HRCAP Food Pantry\*6/13 – Resume Building Workshop6/26 – 7/9 Policy Pathways Instruction (see 5/29 newsletter)6/27 –Exercise Class (Tentative)6/27 – Let’s Talk Credit 6/28 – Healthy Habits with HALO6/28 – Resume Writing Workshop  |  |

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| DECEMBER |
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 | 12/6 – Sticking to New Year’s Resolutions Seminar (Tentative)\*12/8 – Newport News Human Rights Commission Breakfast12/15 – HRCAP Food Pantry\*12/19 - Exercise Class (Tentative) |

#  2022 HRCAP CALENDAR OF EVENTS

\* = Volunteers Needed | A = Closed to Public