## RED RIBBON WEEK 2023

## Be Kind to Your Mind: Live Drug Free

Monday October 23

"Red"dy To Celebrate Red Ribbon Week



**Wear Red** 

**Tuesday** October 24

**Positive Thoughts Refresh Your Mind** 



Wear a Hat

Wednesday October 25

Relaxing Recharges Your Mind



**Wear Pajamas** 

Thursday October 26

Exercise Jogs Your Mind



**Wear Workout Gear** 

Friday October 27

Reading Expands Your Mind



Dress up as a character from your favorite book