

What makes **October** beautiful?



World Mental Health Day

October 10

“I say put mental health first because if you don't, then you're not going to enjoy your sport and you're not going to succeed as much as you want to. So, it's okay sometimes to even sit out the big competitions to focus on yourself because it shows how strong of a competitor and person that you really are.”

— Simone Biles



Indigenous Peoples' Day
Second Monday of October



World Smile Day
First Friday of October