

Spirit Month Events

Celebrate with Us!

38 years

of Keeping families close[®]
to their hospitalized children.

***Check Out Ways to Celebrate with us - near and far!
Pictures are encouraged, having fun is required!***

Week of
May

01

Birthday Week!

Chalk, draw, dance, sing, and send RMHC of SW VA a birthday message. Spend some time with your family baking a cake (or other yummy treat) in our honor (make sure to enjoy it with loved ones and share your photos!). PLUS don't forget to ROCK with us for our 1st Official Rock-A-Tee Day on May 6th!

Week of
May

08

All About Mom!

This week kicks off celebrating mom's - mother figures, the women in our lives! So instead of just one day - celebrate all week! Spend some time with mom (in-person or virtual), make a homemade card, surprise her with breakfast, go on a walk in the park, do some of her favorite things with her and of course - help with the housework.

Week of
May

15

Throwback

Yup. We're going through our archives and throwing it back! Have fun digging up old pictures and memories and share them on social media with us. Let's reminisce!

Week of
May

22

Get Sporty for Thirty-Eight

Get moving this week! Run, bike, walk or skip for 38 minutes, do 38 laps around your block, or give us 38 jumping jacks every day this week - anything to keep your family healthy and active. After all, RMHC promotes healthy kids and healthy families! Join RMHC-SWVA at the end of the week for the Guns & Hoses Softball Game on Friday, May 27th

Week of
May

29

Show Your Spirit

As we wrap up the Month, show your RMHC pride - Friday, June 3rd is our Rock-A-Tee First Friday Wear Day! Join us every First Friday and ROCK with us - current or past shirts! Take a picture with a family member, a pet, a prop, or find other creative ways to show your spirit! (Another way to show your spirit is to commit to a \$38 donation in honor of 38 years of love supporting RMHC-SWVA)

For detailed information: www.rmhc-swva.org

Show us your RMHC of Southwest Virginia pride by emailing pictures to info@rmhouse.net, tagging us (@RMHC SWVA on Facebook, Instagram, and Twitter), or messaging pictures on either platform.