**LD MONTH WEEK 2**

**MONDAY 10/11**
*App of the Day: ModMath*

*Mental Health Tip: Get enough sleep, nourishment, and exercise this week!*

**TUESDAY 10/12**
*App of the Day: Remember The Milk*

*Join LDA’s Facebook Support Group for Adults with LD!*

**WEDNESDAY 10/13**
*App of the Day: Choiceworks*

*Find your LDA State Affiliate and become a member!*

**THURSDAY 10/14**
*App of the Day: Mood Mission*

*See LDA’s Mental Health Resources!*

*Attend LDA’s Webinar on Adult Evaluation and Diagnosis!*

**FRIDAY 10/15**
*App of the Day: News2You*

*See FAQs from Adults with LD*

*Read about your rights in the workplace!*

**SATURDAY 10/16**
*App of the Day: Wunder by Understood*

*Support our work! Join LDA!*

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