

# LD MONTH

## WEEK 2

MONDAY 10/11

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**App of the Day:**

ModMath

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

TUESDAY 10/12

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**App of the Day:**

Remember The Milk

Join LDA's Facebook  
Support Group for  
Adults with LD!

WEDNESDAY 10/13

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**App of the Day:**

Choiceworks

Find your LDA  
State Affiliate and  
become a member!

THURSDAY 10/14

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**App of the Day:**

Mood Mission

See LDA's Mental  
Health Resources!

Attend LDA's Webinar  
on Adult Evaluation  
and Diagnosis!

FRIDAY 10/15

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**App of the Day:**

News2You

See FAQs from  
Adults with LD

Read about your rights  
in the workplace!

SATURDAY 10/16

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**App of the Day:**

Wunder by Understood

Support our work!  
Join LDA!



**LDA**  
Learning Disabilities  
Association of America