



The HAND Update publication dates for 2022

Publication Date (Monday)	Due Date for Inclusion (Friday)
January 10	January 7
January 24	January 21
February 14	February 11
February 28	February 25
March 14	March 11
March 28	March 25
April 11	April 8
April 25	April 22
May 9	May 6
May 23	May 20
June 13	June 10
June 27	June 24
July 11	July 8
July 25	July 22
August 8	August 5
August 22	August 19
September 12	September 9
September 26	September 23
October 10	October 7
October 24	October 21
November 14	November 11
December 12	December 9

If you have information that you would like to include in The HAND Update newsletter, please email the text and imagery to Angela Van Rooy by the due date listed for that issue (Friday prior to the date of publication). HAND staff reserve the right to edit information in consideration of space and layout.

Thank you,

Angela Van Rooy
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