



October 2017 – WELLNESS ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Remember JCC Exercise Classes	2 Biometrics-Dunham	3 Biometrics-Dunham; MJRC	4 Biometrics-Dunham; MJRC Walk to School Day	5 Biometrics-Cappa; Foote Weight Watchers Dunham-5:15	6 Biometrics-Cappa; Lakeshore Nat'l. Depression Screening Day Wear Pink	7 Buddy Walk-R&G-11am Pink Walk-Mall-11am
8 Mental Illness Awareness Week	9	10 World Mental Health Day	11	12 Weight Watchers Dunham-5:15	13 Wear Pink	14 Walk for Paws
15	16 Disability Awareness Awards	17	18 Essential Oils L&L-Dunham	19 Weight Watchers Dunham-5:15 (Start of new series)	20 World Osteoporosis Day Breast Cancer Awareness L&L-Dunham Wear Pink or Purple	21
22	23	24	25 Breast Cancer Awareness L&L-Lakeshore Wellness Team Mtg.-3:00 Dunham	26 Weight Watchers Dunham-5:15	27 Wear Pink	28
29	30 Start of Open Enrollment	31 Halloween	Breast Cancer Awareness Month (Pink)	Nat'l. Domestic Violence Month (Purple)	Nat'l. Medicine Abuse Awareness Month	Nat'l. Dental Hygiene Month