



November 2017 – WELLNESS ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Remember JCC Exercise Classes	Lung Cancer Awareness; COPD Alzheimer's Awareness	American Diabetes Nat'l. Epilepsy Prostate Cancer Awareness	1 Alzheimer's L&L- Dunham-12:10 (will be recorded)	2 Weight Watchers Dunham-5:15	3	4
5 Fall Back Daylight Savings Time Ends Diabetes Education Week	6	7 Election Day	8 Alzheimer's L&L- Lakeshore	9	10 Holiday Craft Bazaar-MJRC Open Enrollment Ends	11 Veterans Day Toys for Tots Craft/Vendor Fair-Dunham
12	13 Defensive Driving Willard St. 6-9:00PM	14 World Diabetes Day Defensive Driving Willard St. 6-9:00PM	15 STARS United Way Luncheon-Dunham Diabetes L&L- Dunham-12:10	16 GREAT AMERICAN SMOKE OUT Weight Watchers Dunham-5:15	17 1 st Annual Healthy Dish Cook-Off Dunham-Noon	18
19 International Survivors of Suicide Day	20 Zero Gain Weigh-in	21	22	23 HOLIDAY 	24 HOLIDAY 	25
26	27	28 Giving Tuesday	29	30 Redeem Incentive Points Weight Watchers		