

October

2021

STARS Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Physical Therapy Awareness Month	National Bullying Prevention Month	National Domestic Violence Month	STARS CHALLENGE: PUSHUPTOBER		¹ TRC Gives Back- Breast Cancer Awareness	² Buddy Walk 10-Registration 11-Walk Greenhurst Park
³	⁴	⁵ 12 pm Lunch and Learn Breast Cancer ZOOM	⁶ Wellness Wednesday *	⁷ 9-11/1-3 FLU CLINIC 6pm Paint Nite MJRC	⁸ TRC Gives Back- Breast Cancer Awareness	⁹
¹⁰	¹¹	¹²	¹³ Wellness Wednesday 12PM Retirement Lunch and Learn	¹⁴	¹⁵ TRC Gives Back- Breast Cancer Awareness	¹⁶
¹⁷	¹⁸	¹⁹	²⁰ Wellness Wednesday	²¹	²² TRC Gives Back- Breast Cancer Awareness	²³
²⁴	²⁵	²⁶	²⁷ Wellness Wednesday	²⁸	²⁹ TRC Gives Back- Breast Cancer Awareness	³⁰
³¹	National Dental Hygiene Month		Breast Cancer Awareness Month	COACHES DAY OCTOBER 6	National Medicine Abuse Awareness Month	

