

November

2021

STARS Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Wellness Wednesday	4	5 TRC Gives Back-Toys for Tots Jersey Friday	6 Teddy Bear Toss Northwest Arena 7:05pm (Friday)
7 Prostate Cancer Awareness Month	8	9	10	11	12 TRC Gives Back-Toys for Tots	13
14 American Diabetes Month	15	16	17	18 Great American Smoke Out	19 TRC Gives Back-Toys for Tots Play Monopoly Day	20
21 Alzheimer's Disease Awareness Month	22	23	24	25 Thanksgiving Day	26 TRC Gives Back-Toys for Tots	27 Small Business Saturday
28 COPD Awareness Month	29	30 STARS Points Reimbursement Due	Epilepsy Awareness Month		Lung Cancer Awareness Month	
NOVEMBER 3: Stress Awareness Day	NOVEMBER 10: Marine Corps Birthday					

