

WELLNESS CALENDAR | October 2018

BREAST CANCER AWARENESS MONTH

Free Onsite Flu Vaccinations! Contact Kelly (health.fax@cox.net) to book your onsite clinic now!! Click on the "Flu Vaccination" tab [HERE](#) for the schedule.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6 Six Flags Magic Mountain "Special" \$41 Admission Contact CGC Coordinator
7 Six Flags Magic Mountain "Special" \$41 Admission Contact CGC Coordinator	8 Indigenous Peoples' Day	9	10 Webinar: Breast Cancer – Am I at Risk & What Should I Do? World Mental Health Day	11 Healthy Connections: Stopping Prediabetes in its Tracks (HOA at 12) RSVP Here	12	13 ROCK 'N STROLL REGISTER CFC Event Griffith Park Magic Mountain "Special" \$41
14 Six Flags Magic Mountain "Special" \$41 Admission Contact CGC Coordinator	15	16	17 Webinar: Reversing Prediabetes – You Can Do It! LAC + USC Wellness Fair	18 Healthy Connections: Knowledge is Power – Beating Breast Cancer (HOA at 12) RSVP Here	19	20 Goosebumps2 Screening Contact CGC Coordinator
21	22	23	24 BFF Webinar: Estate Planning - Financial Basics 	25	26	27
28	29	30	31 	October is... Breast Cancer Awareness Month Dental Hygiene Month Women's Health Month		