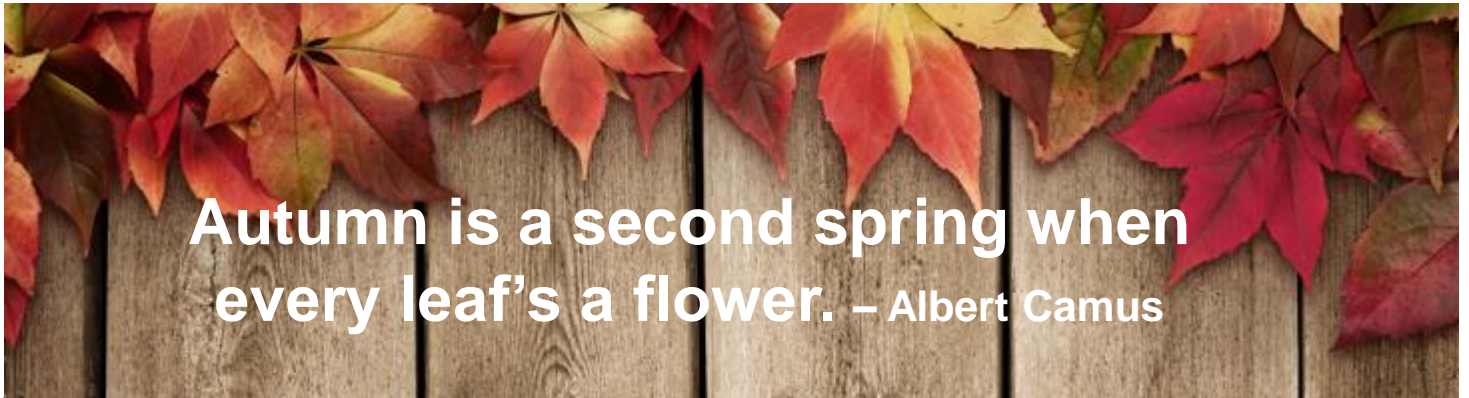


WELLNESS CALENDAR | November 2018



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
November is... <ul style="list-style-type: none"> American Diabetes Month National Family Caregiver Month National Lung Cancer Awareness Month 				1 Blue Jeans for Giving Contact your CGC Coordinator	2	3 PLAY FOR LIFE! REGISTER CFC EVENT Santa Fe Dam 8:00 am
4	5	6	7 Webinar: Surviving the All Day Holiday Buffet! BFF Class: Estate Planning, Wills & Trust	8 Healthy Connections: Healthy and Tasty Holiday Recipes (Hall of Admin) RSVP Here	9	10 Dr. Seuss' The GRINCH Screening
11		13	14 BFF Webinar: A Holiday Planning Guide Free Flu Vaccination Clinic: Hall of Admin	15	16	17
18	19	20	21			24
25	26	27 Game Plan for Giving Event Grand Park 12 – 1 pm Contact your CGC Coordinator	28	29	30	1