

NOVEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3 Tomorrows Voices Move Your Feet for Autism Family Fun Walk (T.N. Tatem Field, 2:00 p.m.)
4	5	6 LiveWell Caregivers In the Workplace (Session #1) - 12 Noon	7	8	9 Rotary 5K Run to Fight Kidney Disease (Botanical Gdns, 9:00 a.m. Virtual Nov. 8- 10)	10 AXA Man on the Run 2.2K Jr. and 5K Run/Walk (Warwick Academy, 8:30 a.m.)
11 Healthy Habit Challenge: Seriously Fun Remembrance Day (Holiday)	12 Healthy Habit Challenge: Seriously Fun LiveWell EAT RIGHT FOR LIFE Program - Session #5, 3:00 p.m.	13 Healthy Habit Challenge: Seriously Fun LiveWell Supporting the Caregiver at Work (Session #2) - 12 Noon	14 Healthy Habit Challenge: Seriously Fun WORLD DIABETES DAY	15 Healthy Habit Challenge: Seriously Fun	16 Healthy Habit Challenge: Seriously Fun COPD Mini-Health Fair & Afternoon Tea (St. Paul's Church Hall, 12 - 3 p.m.)	17 Healthy Habit Challenge: Seriously Fun Partner Re Women's Jr. 2K and 5K Run/Walk (Botanical Gardens, 8:15 a.m.)
18 Challenge Ends: The Great Wall of China	19	20 LiveWell Men's Minute – Men's Mental Health & Stress Resiliency Webinar (Session #3) - 12 Noon	21	22	23	24 Hannover Re Half Marathon (Tucker's Property, 8:00 a.m.)
25	26 LiveWell EAT RIGHT FOR LIFE Program - Session #6, 3:00 p.m.	27 LiveWell Creating Your Personal Care Plan (Session #3) - 12 Noon	28	29	30	
		NOTES: Diabetes Awareness Month; Men's Health Month; Prostate Cancer Awareness Month Corporate Challenge: The Great Wall of China (Oct. 7th - Nov. 18th, 2024)				