

OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 LiveWell EAT RIGHT FOR LIFE Program - Session #2, 3:00 p.m.	2 LiveWell EMPOWERED PARENTING Webinar Program - Session #2 - 12 Noon	3	4	5 Breast Cancer Awareness Walk Pak Pick-up - 9a.m.- 12 (BCHC)	6 Steps to Mental Wellness 5K Run/Walk (Botanical Gardens, 8:15 a.m.)
7 Challenge Begins: The Great Wall of China	8	9 LiveWell EMPOWERED PARENTING Webinar Program - Session #3 - 12 Noon	10 WORLD MENTAL HEALTH DAY WORLD SIGHT DAY WELLNESS PARTNER SPOTLIGHT Webinar - Solstice - 12 Noon	11	12	13 Breast Cancer Awareness Walk Pak Pick-up - 9a.m.- 12 (BCHC) Committee of 25 Walk/Run (Midsea Lane, 9:00 a.m.)
14 Healthy Habit Challenge: Staying Thoughtful	15 Healthy Habit Challenge: Staying Thoughtful LiveWell EAT RIGHT FOR LIFE Program - Session #3, 3:00 p.m.	16 Healthy Habit Challenge: Staying Thoughtful LiveWell EMPOWERED PARENTING Webinar Program - Session #4 - 12 Noon BF&M Breast Cancer Walk - 28th Anniversary - 6:00 p.m. (Barr's Bay Park)	17 Healthy Habit Challenge: Staying Thoughtful	18 Healthy Habit Challenge: Staying Thoughtful	19 Healthy Habit Challenge: Staying Thoughtful	20 Healthy Habit Challenge: Staying Thoughtful
21	22	23 LiveWell Mental Health in the Workplace Webinar - Session #1 - 12 Noon	24	25	26	27
28	29 WORLD STROKE DAY LiveWell EAT RIGHT FOR LIFE Program - Session #4, 3:00 p.m.	30 LiveWell Women's Healthy Minds & Body Webinar - Session #2 - 12 Noon	31 Halloween			
		NOTES: Breast Cancer Awareness Month; Domestic Violence Awareness Month Corporate Challenge: The Great Wall of China (Oct. 7th - Nov. 18th, 2024)				