

OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Partner Re Women's 5K Run/Walk (Virtual)	2 Partner Re Women's 5K Run/Walk (Virtual)	3 Partner Re Women's 5K Run/Walk (Virtual) Round the Sound Swim
4 Challenge Begins: Path to Fulfillment	5 LiveWell EAT RIGHT FOR LIFE Program - Session #2, 12 - 1 p.m.	6 Livewell Program & VP Platform Demo Webinar - 11:00 a.m.	7	8	9	10 WORLD MENTAL HEALTH DAY
11 Healthy Habit Challenge: Celebrate Culture	12 Healthy Habit Challenge: Celebrate Culture	13 Healthy Habit Challenge: Celebrate Culture BF&M Breast Cancer Walk - 25th Anniversary(Virtual)	14 Healthy Habit Challenge: Celebrate Culture WORLD SIGHT DAY	15 Healthy Habit Challenge: Celebrate Culture	16 Healthy Habit Challenge: Celebrate Culture	17 Healthy Habit Challenge: Celebrate Culture
18	19 LiveWell EAT RIGHT FOR LIFE Program - Session #3, 12 - 1 p.m.	20 WELLNESS WEDNESDAY Webinar - Know Your Lemons 11:30 a.m.	21	22	23	24
25	26	27 WELLNESS WEDNESDAY - Women's Health Webinar - 11:30 a.m.	28 Bermuda Mental Health Foundation Virtual Conference - 10 a.m. - 5 p.m	29 WORLD STROKE DAY	30	31 Halloween
		NOTES: Breast Cancer Awareness Month; Domestic Violence Awareness Month Corporate Challenge: Path to Fulfillment (Oct. 4th - Nov. 15th)				