

NOVEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5 EAP Webinar - Introduction to Social Media Marketing - 12 Noon WELLNESS WEDNESDAY Webinar- LiveWell Program and Wellness Benefits - 12 noon	6	7	8	9 AXA Man on the Run 2.2K Jr. and 5K Run/Walk (Warwick Academy, 8:30 a.m.)
10	11 Remembrance Day (Holiday)	12 EAP Webinar - Balancing the Years: Supporting Yourself and Aging Parents in Bermuda - 12 Noon LiveWell EAT RIGHT FOR LIFE Program - Session #4, 12 Noon	13	14 WORLD DIABETES DAY	15	16
17	18	19 EAP Webinar - Financial Planning for the Holidays - 12 Noon	20	21	22	23 Hannover Re Half Marathon (Tucker's Property, 8:00 a.m.) Greenrock 5K Run/Walk(10:00 a.m.) and Living Green Expo
24	25 LiveWell EAT RIGHT FOR LIFE Program - Session #5, 12 Noon	26 EAP Webinar - Self-Care at No Cost - 12 Noon	27	28	29	30
		NOTES: Diabetes Awareness Month; Men's Health Month; Prostate Cancer Awareness Month				