

OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 EAP Webinar - More than a Pin: Being an LGBTQ+ Ally: - 12 Noon	2	3	4 Breast Cancer Awareness Walk Pak Pick-up - (9:00 a.m. - 12 Noon BCHC)	5 Partner Re Women's 5K/2K Run/Walk (Botanical Gardens, 8:30 a.m.)
6	7	8 EAP Webinar - When Abuse Comes to Work - 12 Noon WELLNESS WEDNESDAY Webinar- LiveWell Program and Wellness Benefits - 12 noon	9 WORLD SIGHT DAY	10 WORLD MENTAL HEALTH DAY	11 Steps to Mental Wellness 5K Run/Walk and Wellness Fair (Botanical Gardens, 8:30 a.m.)	12 Breast Cancer Awareness Walk Pak Pick-up - 9a.m.- 12 (BCHC)
13	14 LiveWell EAT RIGHT FOR LIFE Program - Session #2, 3:00 p.m.	15 EAP Webinar - Work/Life Balance as an Accomplished Woman - 12 Noon BF&M Breast Cancer Walk - 29th Anniversary - 6:00 p.m. (Barr's Bay Park)	16	17	18	19
20	21	22 EAP Webinar - Managing Menopause - Part I - 12 Noon	23	24	25	26 Tomorrow's Voices - Move Your Feet for Autism 5K Family Walk (TN Tatem Field, 2:00 p.m.)
27	28 LiveWell EAT RIGHT FOR LIFE Program - Session #3, 3:00 p.m.	29 WORLD STROKE DAY EAP Webinar - Managing Menopause - Part II- 12 Noon Balancing Life and Mind: A Mental Health Conference (Virtual - 11 a.m. - 4 p.m.)	30 Balancing Life and Mind: A Mental Health Conference (BUEI, 10 a.m. - 5 p.m.)	31 Halloween		
		NOTES: Breast Cancer Awareness Month; Domestic Violence Awareness Month				