

NOVEMBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 HEALTHY MINDS @ WORK Education Program Webinar - Session #1 - 12 Noon	2	3	4	5
6	7	8 WELLNESS WEDNESDAY Webinar- Livewell Program & VP Platform Demo Webinar - 11:30 a.m	9	10 Remembrance Day (Holiday)	11 Rotary 5K Run to Fight Kidney Disease, Botanical Gdns, 9:00 a.m. (Virtual Nov. 11-13)	12 AXA XL Man on the Run 2.2/5K- Warwick Academy, 8:30 a.m.
13 Healthy Habit Challenge: Be Your Own Fan Challenge Ends: Explore Diverse Backgrounds	14 WORLD DIABETES DAY Healthy Habit Challenge: Be Your Own Fan LiveWell EAT RIGHT FOR LIFE Program - Session #5, 2:45 - 3:45 p.m. Bermuda Diabetes Assoc. Open House, 10 a.m.- 2 p.m.	15 Healthy Habit Challenge: Be Your Own Fan Cancer Talks - Prostate Cancer - Blue Water Anglers Club, 5:30 p.m.	16 Healthy Habit Challenge: Be Your Own Fan	17 Healthy Habit Challenge: Be YourOwn Fan	18 Healthy Habit Challenge: Be Your Own Fan	19 Healthy Habit Challenge: Be Your Own Fan Athora 8K Run/Walk - Belvedere Car Park, 8:30 a.m.
20 The Family Centre Webinar Series - Co- Parenting & Blended Families - 6:00 p.m.	21	22 WELLNESS WEDNESDAY Webinar - Men's Health- Take Charge of Your Health, 11:30 a.m.	23 WELLNESS PARTNER SPOTLIGHT Webinar - MASC, 11:30 a.m.	24	25	26 Hannover Re Half Marathon, Tucker's Property, 8:00 a.m.
27 The Family Centre Webinar Series - Co- Parenting & Blended Families - 6:00 p.m.	28 LiveWell EAT RIGHT FOR LIFE Program - Session #6, 2:45 p.m. - 3:45 p.m.	29 HEALTHY MINDS @ WORK Education Program Webinar - Session #2 - 12 Noon	30 Diabetes Month FREE Health Screenings - All day - 22 Princess Street			
		NOTES: Diabetes Awareness Month; Men's Health Month; Prostate Cancer Awareness Month Corporate Challenge: Explore Diverse Backgrounds (Oct. 2nd - Nov. 13th, 2023)				