

DECEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 WORLD AIDS DAY	2	3 EAP Webinar - Dealing with Grief and Loss (Support Group) - 12 Noon	4	5	6	7
8	9 LiveWell EAT RIGHT FOR LIFE Program - Session #6, 3:00 p.m.	10 WELLNESS WEDNESDAY Webinar- Healthy Holidays: How to Navigate the Season Like a Champ - 12 Noon	11	12	13	14 Bermuda Red Cross Jingle Bell 3K/5K Run/Walk 8:30 a.m.
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day (Holiday)	26 Boxing Day (Holiday)	27	28
29	30	31 New Year's Eve				
		NOTES: AIDS Awareness Month				