

OCTOBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Partner Re Women's 5K Run/Walk - 8:15 a.m. (Botanical Gardens)
2 Challenge Begins: Explore Diverse Backgrounds	3 LiveWell EAT RIGHT FOR LIFE Program - Session #2, 3:00 p.m.	4 Livewell Program & VP Platform Demo Webinar - 11:30 a.m.	5 Committee of 25 Fun Run/Walk/Roll - 6:00 p.m. (Pembroke)	6	7	8 Round the Sound Swim - 10:00 a.m.
9 Healthy Habit Challenge: Checking In	10 WORLD MENTAL HEALTH DAY Healthy Habit Challenge: Checking In WELLNESS PARTNER SPOTLIGHT Webinar-	11 Healthy Habit Challenge: Checking In WELLNESS WEDNESDAY Webinar - Mental Health in the Workplace - How to Keep Calm & Move On 11:30 a.m.	12 WORLD SIGHT DAY Healthy Habit Challenge: Checking In	13 Healthy Habit Challenge: Checking In	14 Healthy Habit Challenge: Checking In Zoom Around the Sound (8:00 a.m.) - Bda Aquarium & Zoo	15 Healthy Habit Challenge: Checking In
16	17 LiveWell EAT RIGHT FOR LIFE Program - Session #3, 3:00 p.m.	18 BF&M Breast Cancer Walk - 27th Anniversary - 6:00 p.m. (Barr's Bay Park)	19	20	21	22
23	24	25 HEALTHY MINDS @ WORK Education Program Webinar - Session #1 - 12 Noon	26	27 Bermuda Mental Health Foundation Summit - Moving Forward Together - Virtual	28 Bermuda Mental Health Foundation Summit - Moving Forward Together - BUEI	29 WORLD STROKE DAY
30	31 Halloween LiveWell EAT RIGHT FOR LIFE Program - Session #4, 3:00 p.m.	NOTES: Breast Cancer Awareness Month; Domestic Violence Awareness Month Corporate Challenge: Explore Diverse Backgrounds (Oct. 2nd - Nov. 13th, 2023)				