

October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Write down 3 things you are looking forward to this month.	2 Breast Self-Exam. Helps with early detection of lumps in the breast tissue.	3 Apis Services, EAP - Guidance Resources	4 Women's Guide to Financial Wellness Webinar with TransAmerica @ 11a	5 Start your day with the most important thing on your to-do list.	6 <div>Finance Friday: Contact Jack McDonald for 401K tips! jmcDonald@kj.com</div>	7 Recipe Corner: Loaded Sweet Potatoe
8 Relaxation Techniques	9 Breast Cancer Education Webinar with Fox Chase Cancer Center @ 1p	10 Facts about Down Syndrome	11 National Depression Screening Day	12 Serving Up Knowledge with Victory Mindset @ 12p EST.	13 It's ok, not to be ok!	14 Put down your to do list and do something fun!
15 15 Minute Beginner's Pilates Workout	16 9 Tips to Help You Unwind After Work	17 Serving Up Knowledge with Victory Mindset @ 12p EST.	18 Why get a mammogram?	19 Mental health and dental health are interconnected. Be sure to get your cleaning!	20 15 Minute Good Morning Stretch!	21 De-clutter! Pick one room or closet to clean out today!
22 Define your WHY. What habits will help you get there.	23 Need help? Call or text 988 - Suicide and Crisis Lifeline	24 Become aware of all of your habits, especially ones that positively impact your health.	25 Add balance to your daily routine!	26 10 Tips for Dealing With Stress	27 ComPsych Guidance Resources - Bullying Online	28 Be accountable. Track your progress on your goals.
29 Recipe Corner: Crispy Smashed Apples with Cinnamon Sugar	30 Plan a fun activity to look forward to.	31 Set a goal that brings a sense of purpose for the upcoming month.	<div>LEND A HANDTAKE A STAND</div> <div>NATIONAL BULLYING PREVENTION MONTH</div>			
5	6	Notes				