

# October Wellness

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Lupus Awareness Month
<b>Fall Foliage Photo Contest:</b> Send your photos to <a href="mailto:Ellen.marks.palmer@gmail.com">Ellen.marks.palmer@gmail.com</a> .						
2 Breast Cancer Awareness Month	3 NBSRT Kayaking at Beemer's Creek in Hampton at 1pm	4 Walk with the Doc 6pm <b>Every Tuesday</b> , Free Field House	5 NBSRT SJ Newsletter is distributed World Teacher Day	6 Deep H2o Exercise gam <b>Every Thursday</b> , Canada Games Aquatic Center, \$7	7 National Walk Your Dog Week	8 No Salt Week
9 Eat Better, Eat Together Month	10 <b>Thanksgiving</b>	11	12 Monthly NBSRT SJ Hiking Club 10:30 am, Free W#1: Dark Lake Road	13	14 World Egg Day	15 International Day of Rural Women
16 World Food Day	17 Waste Reduction Week	18	19 Financial Planning Month	20 NBSRT SJ Exec. Meeting 10 am River Cross	21 <b>Funny Bone Contest</b> Send Rose your word, phrase, ad to <a href="mailto:rosethe@nbed.nb.ca">rosethe@nbed.nb.ca</a>	22 International Stuttering Awareness Day
23 Make A Difference Day	24 United Nations Day	25	26 NBSRT SJ Semi-Annual Meeting & Roast Chicken Luncheon @ Hope Center, \$20	27	28 World judo day	29 National Cat Day
30 <b>Happy Halloween</b>	31 NBSRT Reflection Magazine is distributed					