



November



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><i>Tobacco Cessation Class #1</i> Wellness Classroom 1130-1230</p>	<p>2</p> <p><i>Counting Down Cholesterol Class</i> Wellness Classroom 0900-1015</p> <p><i>Relaxation in 30 min</i> Wellness Classroom 1230-1300</p>	<p>3</p> <p>FAHC TRAINING DAY FACILITY CLOSSES AT 1200</p>	<p>4</p> <p><i>Welcome to Readiness</i> Wellness Classroom 0830-1000</p>
<p>7</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>8</p> <p><i>Tobacco Cessation Class #2</i> Wellness Classroom 1130-1230</p>	<p>9</p> <p><i>Sleep Hygiene Class</i> Wellness Classroom 1100-1200</p> <p><i>Epilepsy Awareness Walk</i> 1200 Noon Meet @ Flag Pole</p> 	<p>10</p> <p><i>Lunch & Learn</i> <i>Robotic Surgery</i> Fox Den 1200-1300</p>	<p>11</p>  <p>FACILITY CLOSED</p>
<p>14</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>15</p> <p><i>Scale It Back Fox Wt. Out/Don't Gain Just Maintain Wt. In</i> Wellness Classroom 0800-1600</p> <p><i>Tobacco Cessation Class #3</i> Wellness Classroom 1130-1230</p>	<p>16</p> <p><i>Weight Management Class</i> Wellness Classroom 0900-1015</p> <p><i>Scale It Back Fox Wt. Out/Don't Gain Just Maintain Wt. In</i> Wellness Classroom 1100-1600</p> <p><i>Relaxation in 30 min</i> Wellness Classroom 1230-1300</p>	<p>17</p> <p><i>Diabetes Seminar</i> Wellness Classroom 0745-1600</p> <p><i>Cold Turkey Trot</i> 1200 Noon Meet @ Flag Pole</p>	<p>18</p> <p><i>Welcome to Readiness</i> Wellness Classroom 0830-1000</p> <p><i>Scale It Back Fox Wt. Out/Don't Gain Just Maintain Wt. In</i> Wellness Classroom 1200-1600</p>
<p>21</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>22</p> <p><i>Tobacco Cessation Class #4</i> Wellness Classroom 1130-1230</p>	<p>23</p> <p><i>Sleep Hygiene Class</i> Wellness Classroom 1100-1200</p>	<p>24</p> 	<p>25</p> <p>FAHC TRAINING DAY FACILITY CLOSED</p>
<p>28</p> <p><i>Welcome to Wellness</i> Wellness Classroom 1200-1330</p>	<p>29</p> <p><i>Tobacco Cessation Class #5</i> Wellness Classroom 1130-1230</p>	<p>30</p>		