

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Join the Wellness Council's Facebook page: https://www.facebook.com/groups/MCCWellnessCouncil Contact the Wellness Council at: MCCWellness@monroecc.edu				Operation Gratitude – Halloween Candy Give–Back Event 11/1- 11/9	2	SHAVE NOVEMBER
# Tibbilis NOVEMBER AMOUNTS NOVEMBER ** ** ** ** ** ** ** ** ** ** ** ** **	5 PIYO 5:05p-6:05p BC Rm. 10-143	6	7	8	9	10
Alzheimer's Awareness Month	PIYO 5:05p-6:05p BC Rm. 10-143	13	Project Zero Kick-Off 3AG Meditation Workshop noon – 1:00 DC, Dance Studio Narcan Training 1:00 – 2:30 Forum	15	* GREAT * AMERICAN SMOKEOUT* NOVEMBER 16	PANCREATICCANCER AWARENESS
18 JING CANCER ALERA HEROTOPIC CONTROL OF THE STATE OF	PIYO 5:05p-6:05p BC Rm. 10-143	20	No Classes College Open	College Closed	College Closed	National Family Health History Day
EPILEPSY AWARENESS	PIYO 5:05p-6:05p BC Rm. 10-143	27	28	29	30	FAMILY CAREGIVERS MONTH

