










# Wellness Council

MONROE COMMUNITY COLLEGE



# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join the Wellness Council's Facebook page:  <a href="https://www.facebook.com/groups/MCCWellnessCouncil">https://www.facebook.com/groups/MCCWellnessCouncil</a></p> <p>Contact the Wellness Council at:            MCCWellness@monroecc.edu</p>				<p>1            Operation            Gratitude –            Halloween Candy            Give-Back Event            11/1- 11/9</p>	<p>2  </p>	<p>3  </p>
<p>4  </p>	<p>5  <b>PIYO</b>            5:05p-6:05p            BC Rm. 10-143</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9  </p>	<p>10</p>
<p>11  </p>	<p>12  <b>PIYO</b>            5:05p-6:05p            BC Rm. 10-143</p>	<p>13</p>	<p>14            Project Zero            Kick-Off  <b>3AG Meditation            Workshop</b>            noon – 1:00  <b>DC, Dance Studio</b>            Narcan Training            1:00 – 2:30            Forum</p>	<p>15</p>	<p>16  </p>	<p>17  </p>
<p>18  </p>	<p>19  <b>PIYO</b>            5:05p-6:05p            BC Rm. 10-143</p>	<p>20</p>	<p>21            No Classes            College Open</p>	<p>22            College Closed  </p>	<p>23            College Closed  </p>	<p>24            National            Family Health            History Day</p>
<p>25  </p>	<p>26  <b>PIYO</b>            5:05p-6:05p            BC Rm. 10-143</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30  </p>	<p></p>

