

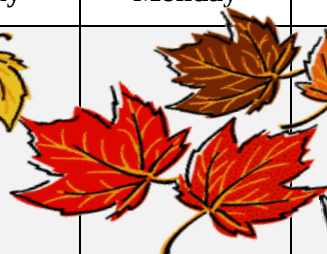
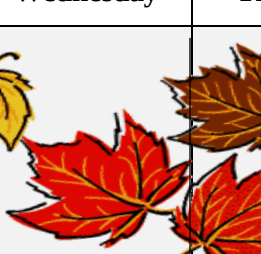
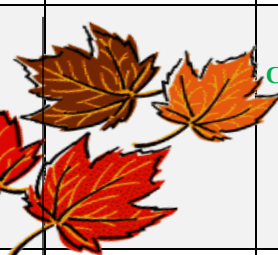


October 2016



Wellness Council

MONROE COMMUNITY COLLEGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Nat'l Breast Cancer Awareness Month Health Literacy Month	1 MCC Cycling Council Canal Cross Bike Ride 10:20am @ Brighton Flag Poles
2	3 Mental Illness Awareness Week	4	5 Flu Shot Clinic 11am-2pm @ DCC Financial Wellness Part 1, 5-6:30pm Empire Room (pre-registration required) Knitting Circle 12-1 pm, PAC 182	6	7	8 Homecoming 5K
9	10	11	12 Pink the PAC 12-1 pm Financial Wellness Part 2, 5-6:30pm Empire Room (pre-registration required) Hydration Challenge Kick-off, 11-1 pm Brighton Room Knitting Circle 12-1 pm, PAC 182	13	14	15
16	17 Nat'l Health Education Week Nat'l Healthcare Quality Week Hydration Challenge Samples in the Brighton Room!	18 Hydration Challenge	19 Hydration Challenge Samples in the Brighton Room! Knitting Circle 12-1 pm, PAC 182	20 Hydration Challenge	21 Hydration Challenge	22
23	24 Hydration Challenge Samples in the Brighton Room!	25 Hydration Challenge	26 Hydration Challenge Samples in the Brighton Room! Knitting Circle 12-1 pm, PAC 182	27 Hydration Challenge	28 Hydration Challenge	29
30	31					