

Making Life Healthy OCTOBER

October 2018						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4 SmokeFree - 1-2:30 pm (RH) (Session 5) Six session behavior management program. ALL six sessions must be attended. Other session is 10/11.	5 SmokeFree - 1-2:30 pm (PH) (Session 5) Six session behavior management program. ALL six sessions must be attended. Other session is 10/12.	6
7	8	9	10	11 SmokeFree - 1-2:30 pm (RH) (Session 6) Six session behavior management program. ALL six sessions must be attended.	12 Smoke Free - 1-2:30 pm (PH) (Session 6) Six session behavior management program. ALL six sessions must be attended.	13
14	15	16 Diabetes & You - 6-9 pm (RH)	17 Diabetes & You 12:30 - 3:30 pm (RH)	18	19	20
21	22	23 SmokeFree - 6-7:30 pm (BMH) (Session 1) Six week behavior management program. ALL six sessions must be attended. Other sessions are 10/30, 11/6, 11/13, 11/20, and 11/27.	24 Diabetes & You - 12:30 - 3:30 pm (RH) 6-9pm (PH)	25	26	27 American Heart Association Philadelphia Heart Walk - 8A - Noon
☐ 28	☐ 29	30 SmokeFree - 6-7:30 pm (BMH) (Session 2) Six week behavior management program. ALL six sessions must be attended. Other sessions are 11/6, 11/13, 11/20 and 11/27	31 HAPPY HALLOWEEN! 	☐	☐	☐