

Mental Health America of East Central Florida, Inc.
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EMOTIONAL WELLNESS MONTH

OCTOBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Game Day 	2 READING 	3 Arts & Crafts EXERCISE 	4 BINGO 	5 
6	7 	8 	9 SAFETY EXERCISE 	10 LYLW 	11 BINGO 	12
13	14 Hygiene Class 	15 	16 Round Table 	17 Arts & Crafts 	18 BINGO 	19
20	21 Round Table 	22 EXERCISE 	23 	24 	25 BINGO 	26
27 	28 	29 Game Day 	30 Arts & Crafts 	31 		