












Mental Health America of East Central Florida, Inc.

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NATIONAL DIABETES AWARENESS MONTH

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2 
3	4 EXERCISE 	5 ELECTION DAY 	6 LYLW 	7 	8 	9
10 	11 ROYALTY VETERANS DAY HONORING ALL WHO SERVED Arts & Crafts 	12 LYLW 	13 TAKE THE WALK 	14 	15 	16
17	18 TAKE THE WALK 	19 EXERCISE HYGIENE 	20 Game Day Arts & Crafts 	21 ROUND TABLE 	22 	23
24 	25 LYLW 	26 GIVING TUESDAY NOW Game Day 	27 Turkey Dinner 	28 CLOSED 	29 CLOSED 	30 