

Mental Health America of East Central Florida, Inc.

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NATIONAL DIABETES AWARENESS MONTH

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 	4 Election Day 	5 LYLW 	6 ... 	7 	8 
9 	10 EXERCISE 	11 	12 LYLW 	13 	14 	15 
16 	17 	18 	19 ROUND TABLE 	20 	21 	22 
23 	24 Thanksgiving Dinner 	25 	26 	27 CLOSED 	28 CLOSED 	29 
30 						