

**NOVEMBER**  
National **DIABETES AWARENESS MONTH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wear Blue for World Diabetes Day			<b>1 NHCHC CLOSED</b>	<b>2 NHCHC CLOSED</b>
5 Aqua Fit 11-12	6 <b>SIT &amp; FIT</b> 11-12	7 Aqua Fit 11-12	8 <b>SIT &amp; FIT</b> 11-12	9
<b>12 NHCHC CLOSED</b>	13 <b>SIT &amp; FIT</b> 11-12	14 Aqua Fit 11-12 	15 <b>SIT &amp; FIT</b> 11-12	16
19 Aqua Fit 11-12	20 <b>SIT &amp; FIT</b> 11-12	21 Aqua Fit 11-12	22 <b>SIT &amp; FIT</b> 11-12	23
26 Aqua Fit 11-12	27 <b>SIT &amp; FIT</b> 11-12	28 Aqua Fit 11-12	29 <b>SIT &amp; FIT</b> 11-12	30

**THINK** POSITIVELY  
**EXERCISE** DAILY  
**EAT** HEALTHY  
**WORK** HARD  
**STAY** STRONG  
**WORRY** LESS  
**DANCE** MORE  
**LOVE** OFTEN  
**BE** HAPPY

