

NOVEMBER WELLNESS CALENDAR

DATE	ACTIVITY	LOCATION
November 2023	National Diabetes Awareness Month	All Buildings
November 2023	National Epilepsy Month	All Buildings
November 1, 2023	Sleep and Rest Wellness Presentation	Plattekill Elementary School
November 2, 2023	Panther Cub Races Grades 3-6	Senior High School Track
November 7, 2023	Alcohol Drug Abuse Counsel Program	Senior High School Library
November 17, 2023	Sleep and Rest Wellness Presentation	Plattekill Elementary School
November 17 - December 8, 2023	READing Program (Therapy Dogs)	Leptondale Elementary School