

November 2015 Monthly Calendar

Pathways: *Stay energized*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2 Web Focus: Enjoy the perks of being thankful	3 Webinar: Nurturing friendships	4	5	6	7
8	9	10	11 Webinar: The reasons we eat: Understanding emotional eating Veterans' Day	12	13	14
15	16 Web Focus: Breaking the ice at your Thanksgiving table	17	18	19 Webinar: Ready, set, relax	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					

November 2015 Awareness — November is Runaway Prevention Month
Log in to your worklife website to register for upcoming webinars.

All calls are confidential, except as required by law. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.