

# OCTOBER EVENTS

Mon	Tues	Wed	Thur	Fri
1	2	3 <a href="#">Weight Watchers</a> Moses, Einstein, Tarrytown, CHCC	4 <a href="#">Weight Watchers</a> Yonkers, Fordham	5
8 <a href="#">Weight Watchers</a> CHCC	9	10 <a href="#">Weight Watchers</a> Moses, Einstein, Tarrytown, CHCC	11 <a href="#">Weight Watchers</a> Yonkers, Fordham	12
15 <a href="#">October Associate Wellness Program; Nutrition RD Talk</a> Hutch Campus 12 <sup>th</sup> Floor Conference Room and Zoom 1:00pm – 2:00pm <a href="#">Weight Watchers</a> CHCC	16 <a href="#">5Rhythms</a> TLC Grand Hall 5:15pm – 6:15pm	17 <a href="#">Weight Watchers</a> Moses, Einstein, Tarrytown, CHCC	18 <a href="#">Weight Watchers</a> Yonkers, Fordham	19
22 <a href="#">Weight Watchers</a> CHCC	23	24 <a href="#">Weight Watchers</a> Moses, Einstein, Tarrytown, CHCC	25 <a href="#">Weight Watchers</a> Yonkers, Fordham	26
29 <a href="#">Weight Watchers</a> CHCC	30	31 <a href="#">Weight Watchers</a> Moses, Einstein, Tarrytown, CHCC		