

NOVEMBER EVENTS

Mon	Tues	Wed	Thur	Fri
	1	2 Diabetes Month Caregiver Support Center Visits Moses Campus 9:30am – 1:00pm	3	4
7	8	9 Carebridge EAP: Talking to Your Aging Parents About the Future Zoom 12:00pm – 1:00pm	10 National Diabetes Month: Virtual Diabetes Symposium Zoom 8:15am – 4:30pm Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	11
14 Cerner Fitness Program: How to Build Lasting Habits Teams 1:00pm – 2:00pm	15	16 Diabetes Month Caregiver Support Center Visits Einstein Campus 9:30am – 1:00pm Fidelity Program: Setting Goals and Habits That Stick Zoom 12:00pm – 12:30pm	17 To Your Health!: Mindfulness Meditation with Dr. Camacho Zoom 12:00pm – 1:00pm Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	18
21 Montefiore Weight Watchers: Shifting Your Mindset Zoom 12:00pm – 1:00pm	22	23	24 Montefiore WW Weekly Meeting WW App 12:15pm – 1:00pm	25
28	29	30 Diabetes Month: Nutrition FAQs About Diabetes for Prevention and Management Zoom 12:30pm – 1:30pm		