

# November 2021

WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1	2	3	4	5	6	7
	<a href="#">Movember</a> (men's mental health awareness, throughout November)		<a href="#">Body Conditioning</a> (5.00 – 5.45pm)	<a href="#">National Stress Awareness Day</a>			
2	8	9	10	11	12	13	14
3	15	16	17	18	19	20	21
	<a href="#">National Self-Care Week</a> (all week)		<a href="#">Body Conditioning</a> (5.00 – 5.45pm)				
4	22	23	24	25	26	27	28
			<a href="#">Body Balance</a> (5.00 – 5.45pm)				
5	29	30	1	2	3		