

WELLNESS CALENDAR 2015



NOVEMBER

My Healthy
Goal is:

For more information,
contact:
wellness@nova.edu
or call (954) 262-7021.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	 <p>NO SHAVE <i>November</i> LET THE GROWING GAMES BEGIN</p> <p>UC Spine 12-1:00pm</p>	5	6	7
8	9	10	 <p>WELLNESS ON WHEELS</p> <p>HPD building Clock Tower courtyard 11:30am-1:30pm</p>	12	13	 <p>Horseback Riding 10:00am-2:00pm</p>
15	16	17	 <p>WELLNESS ON WHEELS</p> <p>All main Buildings 12-1:00pm</p>	19	20	21
22	23	24	25	 <p>Gobble Gobble</p> <p>University closed</p>	 <p>Gobble Gobble</p> <p>University closed</p>	28
29	30					