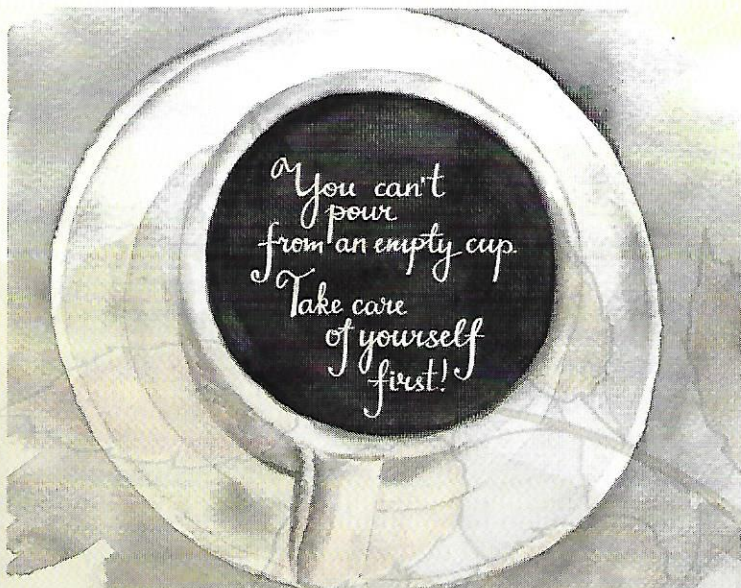


November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>All Saints' Day</i> 	2	3	4
5  DAYLIGHT SAVING TIME ENDS	6	7  ELECTION DAY	8	9	10	11  VETERANS DAY
12	13	14	15	16  Pot Luck	17	18
19	20	21	22	23  THANKSGIVING DAY	24  black friday	25 Shop Small Business Saturday
26	27  CYBER Sale MONDAY	28	29	30		



FALL FITNESS TIPS

Fall is a great time to exercise outdoors, given the crisp air and colorful leaves! Follow these tips to enjoy your best season of fitness ever:

- Stay hydrated, even if cooler temperatures make you feel less thirsty.
- Take safety precautions in the evenings as daylight hours decrease.
- Stock up on produce that's in season to save money and get the most nutrition.
- Drink tea to keep disease-fighting antioxidants flowing through your system as the season changes.

