



October 2018: Wellness Calendar

1 Knowledge/Prevention: Community Forum 6:30 @ the Public Library.	2 Pet Therapy: Spend time with your favorite furry friend.	3 Biking: Check out the new bike rentals in Rochester via Zagster.	4 Fuel your Body: Visit the Farm Market tonight 4 -8 Pm 1280 Titus Ave.	5 Quality Time: Spend time with friends & family playing a board game or getting active.	6 Nature: Get outside today without your phone and enjoy the sights and sounds.	
7 Hobbies: Learn a a new hobby or skill today and try something new.	8 Journaling: Write down what is on your mind today.	9 Music: Listen to your favorite musician or compose your own music.	10 Give Thanks: Thank an adult in your life and write them a letter of thanks.	11 Affirmations: Check out the positive affirmations located around school today.	12 Laughter: Watch a funny movie with friends or family.	13 St Paul Fire Department Open House 11-4 PM Hidden in Plain Sight Presentation.
14 Check Out the Helmer Nature Center Harvest Festival 12- 3 PM today.	15 Art: Join the Art club today after school in room E3 from 2:30-3:30.	16 Give Back: EHS Blood Drive today. Donate blood and Save a Life	17 Mindfulness and Breath are important parts of relaxation. Check out the Calm App.	18 Gratitude: Write a letter to someone for whom you are grateful for.	19 Strive for and set goals: Commit to eliminating 1 unhealthy habit.	20 Reduce, Reuse and Recycle: Community Garage Sale @ EIMS 10-3
21 Read for fun at the Public Library, open 1- 4PM. Check out the teen center.	22 Dance: Express your self today through movement. Pick your favorite song and get creative.	23 Irondequoit Chipotle Fundraiser. Mention Drug Free Irondequoit when ordering, 5-9 PM Ridge Rd location	24 Mention this wellness calendar for discount on a 5 class pass at Flower City Yoga Studio 657 Titus Ave.	25 Free Narcan overdose training tonight at 6 PM Glad Tidings Church 1980 Culver Rd	26 Check out ROCovery Fitness at www.rocoveryfitness.org for free open gym hours and sober lifestyle events.	27 Secure, Monitor and Dispose: Drug Take Back Day at both Irondequoit Wegmans locations 10-3 PM
28 Love yourself: Spend time with someone who brings out the best in you.	29 Plan for wellness: Check out Winter Rec Catalog for things to do this winter.	30 Relaxation: Spend time today relaxing. Turn off the electronics and be present in the moment.	31 Walking: HAPPY HALLOWEEN Have a safe and fun Halloween	 <p>Health is a state of body. Wellness is a state of mind.</p>		