

# October 2022

Let's Have a Little Fun!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Wellness Theme: **Breast Cancer Awareness**  
 Therapy Theme: **Signs & Symptoms of Breast Cancer**  
**October is Physical Therapy Month**



1 International Day for the Elderly

2	3	4  National Taco Day	5  National Do Something Nice Day	6  National Mad Hatter Day	7	8
9	10	11  Myths & Legends Day	12	13	14	15  National Mushroom Day
16	17	18	19	20	21  National Apple Day	22  National Nut Day
23	24	25	26	27	28  National Chocolate Day	29  National Oatmeal Day
30	31  Happy Halloween					

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