

November Health Awareness & Wellness Activities



Health For Life Program has several exciting offerings this month. ***Here are the November Events:***



- **GREAT AMERICAN SMOKE OUT**

November is Lung Cancer Awareness Month. Information about Tobacco Cessation Health Coaching will be available in the LVO Bulldog Café.

Thursday, November 10, from 11:00 a.m. - 3:00 p.m.

- **LIVONGO DROP-BY BOOTH**

November is Diabetes Awareness Month. Learn about Livongo services, including diabetes support. Stop by LVO Bulldog Café for info and giveaways!

Monday, November 14, from 11:00 a.m. - 3:00 p.m.

**Informational tables will also be provided at the LVLC and MEC the week of Nov. 14.*

- **HEALTHY HOLIDAY DINING**

Advantage Nutrition & Wellness will be onsite to offer tips for healthy eating around the holidays. Stop by during the following days and times:

LVO Bulldog Café: Tuesday, 11/15—10:00 a.m.-1:00 p.m., Thursday, 11/17—12:00-3:00 p.m.

LVLC Conference Room: Tuesday, 11/15—2:00-4:00 p.m., Thursday, 11/17—9:30-11:30 a.m.

MEC Cafeteria: Wednesday, 11/16—10:00 a.m.-12:00 p.m.

