



October 2021



Health and Wellness Calendar F.U.S.E

Foster. Understand. Share. Empower



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6	7 TRI COUNTY MENTAL HEALTH SPECIALISTS WILL BE ONSITE! Depression Screening/Learning Older Adult - 11:30 AM Depression screening and resourcing/ SAFE Education for Teens and Families 6:30 PM – 7:30 PM	8	9	10
11	12	13	14	15	16	17
18	19 Eat Better; Eat Together Educational 11:30 AM	20	21	22	23	24
25	26	27	28 Demystifying the Advanced Directives. Learn the, what, who, when and why of these important written statements. 11:30 AM	29	30	31



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