


# October

WOODLAND COMMUNITY CALENDAR

BREAST CANCER AWARENESS MONTH | DOMESTIC VIOLENCE AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <b>Tai Chi</b> 10:30am-11:30am	4
5	6 	7	8	9	10 <b>Tai Chi</b> 10:30am-11:30am 	11
12 	13	14 <b>Health Series Luncheon</b> 12pm-2pm	15 	16	17 <b>Tai Chi</b> 10:30am-11:30am	18
19	20	21	22	23	24 <b>Tai Chi</b> 10:30am-11:30am	25
26	27	28 <b>Mammogram Day</b> 1pm-5pm	29	30	31 <b>Tai Chi</b> 10:30am-11:30am	



Northern Valley Indian Health

[NVIH.org/Community-Health-and-Outreach](https://www.nvih.org/Community-Health-and-Outreach)

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