



**Sponsors:**







**Providers:**

MS Social: November 15, 2023  
 YWCA Gym 11-12:15pm  
 Theme: Thanksgiving Favorites  
 Guest Speaker  
**Mindfulness is back!**

# MS WELLNESS NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Aqua Therapy 12:30-1:30pm	2	3	4
5	6	7	8 Aqua Therapy 12:30-1:30pm	9 <b>Mindfulness 1-2pm (Hybrid)</b>	10	11
12	13	14	15 Guest Speaker Social 11-12:15pm 11-12:15pm Aqua Therapy 12:30-1:30pm	16	17	18
19	20 <b>Intro to Hobbies: Water Marbling 11-12pm (YWCA Gym)</b>	21	22 Aqua Therapy 12:30-1:30pm	23	24	25
26	27	28	29 Aqua Therapy 12:30-1:30pm	30 <b>Mindfulness 1-2pm (Hybrid)</b>	29	30