

# SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 GBM Via Zoom @ 6PM	4	5
6 Theme: Sleep Hygiene	7	8	9	10 GBM Via Zoom @ 6PM	11	12
13 Theme: Healthy Snack Alternatives	14	15	16	17 GBM Via Zoom @ 6PM Social Via Zoom @ 7PM Games + Activities	18	19
20 Theme: Reading Food Labels	21	22	23	24 GBM Via Zoom @ 6PM	25	26
27 Theme: Effects of Caffeine, Smoking, Nicotine, and Tobacco	28	29	30			
		Notes:				
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