

November

2023

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7 15 minute Walk for Fitness (North Loop)	8	9 15 minute Walk for Fitness (North Loop) 5pm	10	11 Veterans Day
12	13	14 15 minute Walk for Fitness (North Loop)	15	16 15 minute Walk for Fitness (North Loop) 5pm	17	18
19	20 Zoom: Holiday Blues 3pm-4pm	21	22	23 Thanksgiving Day	24	25
26	27	28 15 minute Walk for Fitness (North Loop)	29	30 15 minute Walk for Fitness (North Loop) 5pm	1	2

Notes:

Zoom: Holiday Blues with Ross Duren. 11/20 from 3-4pm

<https://okstate-edu.zoom.us/j/92818482838?pwd=QmVQWE1vVmtLczByUVUrTjByS0M2Zz09>

Meeting ID: 928 1848 2838

Passcode: 961175

Sleep challenge starts 11/6