

# Walktober 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 WELCOME WEEK >>	02	03 KICK OFF WALK	04	05	06 LAST DAY TO JOIN A TEAM	07
08 MENTAL HEALTH WEEK >>	09	10 WELLBEING WALK	11	12	13 INDIVIDUAL REGISTRATION DEADLINE	14
15 HARVEST WEEK WALK A MILE >>	16	17 AUTUMN LEAF WALK	18	19	20	21
22 GHOST TRAILS WEEK >>	23	24 GLOW IN THE DARK WALK	25	26	27	28
29	30	31 LAST DAY OF WALKTOBER!	1 LAST DAY TO LOG STEPS	NOVEMBER 6TH CLOSING CEREMONY		



**TUESDAY WALKS MEET [AT] 5PM IN FRONT OF THE REC CENTER BY CAFE YUMM**

Walktober ©

