

NOVEMBER

11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5 Stress Awareness Day	6	7	8
9 Remembrance Sunday	10	11 Armistice Day	12	13 World Kindness Day	14	15
16	17	18	19 International Men's Day	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6



NOTES

November

International Stress Awareness Week 3rd - 7th

National Self Care Week 17th - 23rd

