

Date	Activity	Time(s)	Location(s)
October 6	Gratitude Breakfast (Balance)	7:30am/8am	Community Room
	Art Reception: Covfefe	5:30pm	Art Gallery
	Theatre Production: <i>Circle Mirror Transformation</i>	7:30pm	Black Box Theatre
October 7	Emergency Services Picnic	4-8pm	Under the Bridge
	Theatre Production: <i>Circle Mirror Transformation</i>	7:30pm	Black Box Theatre
October 8	Theatre Production: <i>Circle Mirror Transformation</i>	2pm	Black Box Theatre
October 10	Fall Fling/Octoberfest	11am-1pm	Under the Bridge
October 13	Coffee & Conversation	8:30am	CWL Auditorium
October 17	Mindfulness & Stress Relief Seminar	4:30-5:30pm	Band Hall
October 19	Just Doo It & Mammography Event	11am-1pm	Life Center
	Fitness Center Open House	11am-1pm	Fitness Center
October 20	Faculty Learning Day	8:45am-4pm	CWL Auditorium
	Deadline to Register for CANstruction		See Mary Linder
October 26	Mindfulness & Stress Relief Seminar	4:30-5:30pm	Band Hall
October 27	Staff Learning Day	8am-4pm	CWL Auditorium
	Deadline for United Way Pledges	5pm	See Dr. Molly Harris
October 30	Texoma Regional Blood Center	9am-3pm	Life Center
October 31	Texoma Regional Blood Center	9am-3pm	Life Center
	Hall-O-Fest	11am-1pm	Under the Bridge
	Boo Bash	11:30am-1pm	South Campus
November 1	Deadline to Submit Health and Wellness Journal	5pm	See Dr. Molly Harris Harrism@grayson.edu
November 3	Announcement of United Way Drawing and Fitbit Winner during Gratitude Breakfast	7:30am/8am	Community Room

Throughout the Month:

- Watch for weekly e-newsletters with a healthy focus that include recipes from Culinary, fitness tips from Athletics and thought-provoking items.
- Track your Life Activated participation and enter to win a Fitbit!
- Use #GCLifeActivated in your social media posts!
- Get moving with the FITDESKs in the library or check out a new book!