



# HEALTH PROMOTION CALENDAR

2023



2023 ALPHABETICAL LISTING OF OBSERVANCES

OBSERVANCE	DATE	ORGANIZATION	TELEPHONE
Alcohol and Drug Addiction Recovery Month	September	Department for National Drug Control / Mid-Atlantic Wellness Institute	292-3049 / 236-3770
Alcohol Awareness Month	April	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Alzheimer's Awareness Month	September	Action on Alzheimer's and Dementia	707-0600
Autism Awareness Month	April	Bermuda Autism Support and Education Society	www.bermudaautism.bm
Bermuda Day	May 26	Department of Culture	292-1681
Boxing Day	December 26		
Breast Cancer Awareness Month	October	Bermuda Cancer and Health Centre	236-1001
Breastfeeding Month	August	Department of Health	278-6460
Caribbean Wellness Day	September 9	Health Promotion and Wellness Office	278-4900
Celebrating Wellness Day	September 27	Health Promotion and Wellness Office	278-4900
Cervical Health Awareness Month	January	Bermuda Cancer and Health Centre / Department of Health	236-1001 / 278-6441
Child Abuse Prevention Month	September	Child and Family Services	296-7575
Child Sexual Abuse Awareness & Prevention Month	April	SCARS (Saving Children and Revealing Secrets)	297-2277
Christmas Day	December 25		
Chronic Disease Awareness Month	November	Bermuda Hospitals Board	236-2345
Chronic Disease Awareness Week	November 13 - 17	Bermuda Hospitals Board	236-2345
Colorectal Cancer Awareness Month	March	Bermuda Cancer and Health Centre	236-1001
Convex End to End Event	May 6	Bermuda End to End	292-6992
Denim for Diabetes Day	November 17	Bermuda Diabetes Association	297-8427
Diabetes Awareness Month	November	Bermuda Diabetes Association	297-8427
Dietitian's Day	March 8	Nutrition Services / Bermuda Dietitians Association	278-6469
Domestic Violence Awareness Month	October	Centre Against Abuse	292-4366
Dyslexia Awareness Day	October 15	Decoding Dyslexia BDA	707-5737
Dyslexia Awareness Month	October	Decoding Dyslexia BDA	707-5737
Earth Day	April 22	Greenrock	747-7625
Ehlers Danlos Syndrome Awareness Month	May	Pink Sands Connection	
Emancipation Day (Cup Match)	August 3		
EMS Week	May 21 - 27	Bermuda Hospitals Board	236-2345
Ethics Awareness Week	November 27 - December 2	Bermuda Hospitals Board - Ethics Committee	236-2345
Falls Prevention Awareness Day	September 22	Bermuda Hospitals Board	236-2345
Falls Prevention Week	September 17 - 23	Bermuda Hospitals Board	236-2345
Father's Day	June 18		
Fight the Bite (Mosquito Awareness Month)	July	Environmental Health	278-5397
Forensic Nurses Week	November 12 – 18	SART / Maternal Health	278-6475
Foster Parent Month	May	Child and Family Services	296-7575
Good Friday	April 7		
Gynaecological Cancer Awareness Month	September	Bermuda Cancer and Health Centre	236-1001
Health Care Quality Week	October 15 - 21	Bermuda Hospitals Board	236-2345
Heart Month	February	Bermuda Heart Foundation / Bermuda Hospitals Board	232-2673 / 236-2345
HIV Awareness Month	June	Sexual and Reproductive Health Clinic	278-6442
HIV Testing Day	June 27	Sexual and Reproductive Health Clinic /Epidemiology and Surveillance Unit	278-6442 / 278-6505
Human Rights Day	December 10	Human Rights Commission	295-5859
Hurricane Preparedness Awareness Week	May 29 – June 2	Emergency Measures Organization	247-1093
International Clean Hands Week	September 17 - 23	Community Health Nursing	278-6456
International Day Against Drug Abuse & Illicit Trafficking	June 26	Department for National Drug Control	292-3049
International Day for Disaster Reduction	October 13	Bermuda Red Cross	236-8253
International Day for the Elimination of Racial Discrimination	March 21	Human Rights Commission	295-5859
International Day of Families	May 15	Child and Family Services	296-7575
International Day of Older Persons	October 1	Ageing and Disability Services	292-7802
International Day of Persons with Disabilities	December 3	Ageing and Disability Services/Bermuda Hospitals Board	292-7802/236-2345
International Infection Prevention Week	October 15 - 21	Bermuda Hospitals Board	236-2345
International Nurses Day	May 12	Community Health Nursing / Bermuda Nurses Association	278-6460
International Water Safety Day	May 15	Department of Parks - Lifeguard Services	236-5902
Know Alcohol Day	April 28	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Labour Day	September 4		
Lung Cancer Awareness Month	June	Bermuda Cancer and Health Centre	236-1001
Mammography Day	October 20	Bermuda Cancer and Health Centre	236-1001
Mary Prince Day	August 4		
Melanoma Awareness Month	May	Bermuda Cancer and Health Centre	236-1001
Melanoma Monday	May 1	Bermuda Cancer and Health Centre	236-1001
Men's Health Month	November	Bermuda Cancer and Health Centre	236-1001
Mental Health Awareness Month	May	Employee Assistance Programme Bermuda (EAP)	292-9000
Mental Health Week	October 8 - 14	Mid-Atlantic Wellness Institute	236-3770
Mother's Day	May 14		
Move for Health Day	May 10	Health Promotion and Wellness Office	278-4900
Move More Bermuda Seniors Games	May 20	Department of Health	278-4900
MOvember Bermuda	November	Bermuda Cancer and Health Centre	236-1001
Multiple Sclerosis Awareness Week	April 25 – May 1	Multiple Sclerosis Society of Bermuda	
National Heroes' Day	June 19	Department of Culture	292-1681
Neonatal Nurses Week	September 11 - 17	Bermuda Hospitals Board	236-2345
New Year's Day	January 1		
Nurses Month	May	Bermuda Nurses Association	291-0294
Nutrition Month	March	Nutrition Services / Bermuda Dietitians Association/Bermuda Hospital Board	278-6469/236-2345
Oral Health Month	February	Oral Health	278-6440
Ovarian Cancer Awareness Month	September	Bermuda Cancer and Health Centre	236-1001
Paediatric Nurses Week	October 2 - 6	Bermuda Hospitals Board	236-2345
Positive Parenting Month	April	Child Development Programme	295-0746
Prostate Cancer Awareness Month	November	Bermuda Cancer and Health Centre	236-1001
Public Health Week	April 3 – 7	Health Promotion and Wellness Office	278-4900
Relay for Life	May 12 - 13	Bermuda Cancer and Health Centre	236-1001
Remembrance Day	November 11		
Rodent Control Awareness Month	March	Vector Control	278-5397
Sexual and Reproductive Health Day	February 12	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sexual and Reproductive Health Week	February 12 – 18	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sicklecell Awareness Month	September	Bermuda Sickle Cell Association	333-4525
Stroke Awareness Month	May	Bermuda Hospitals Board	236-2345
Stroke Awareness Week	October October 29 - November 3	Bermuda Hospitals Board	236-2345
Sun Smart Month	March - September	Bermuda Cancer and Health Centre	236-1001
Teen Dating Violence Awareness Month	February	Centre Against Abuse	292-4366
Teen Pregnancy Prevention Day	May 3	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Teen Pregnancy Prevention Month	May	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Vaccination Week	April 24 - 30	Child and School Health	278-6460
Week of the Young Child	April 1 – 7	Bermuda Association for the Education of Young Children	
World AIDS Day	December 1	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance	278-6442 / 278-6505
World Alzheimer's Day	September 21	Action on Alzheimer's and Dementia	707-0600
World Asthma Day	May 2	Open Airways	232-0264
World Autism Awareness Day	April 2	Bermuda Autism Support and Education Society	basebda@yahoo.com
World Blood Donor Day	June 14	Bermuda Hospitals Board- Blood Donor Centre	236-5067
World Breastfeeding Week	August 1 - 7	Department of Health	278-6460
World Cancer Day	February 4	Bermuda Cancer and Health Centre	236-1001
World Children's Day	November 20	Family Centre	232-1116
World COPD Day	November 15	Open Airways	232-0264
World Day for Safety and Health at Work	April 28	Bermuda Hospitals Board / Environmental Health	236-2345 / 278-5333
World Diabetes Day	November 14	Bermuda Diabetes Association/Bermuda Hospitals Board	297-8427/236-2345
World Elder Abuse Awareness Day	June 15	Age Concern Bermuda	238-7525
World Hand Hygiene Day	May 5	Bermuda Hospitals Board	236-2345
World Health Day	April 7	Health Promotion and Wellness Office	278-4900
World Hypertension Day	May 17	Community Health Nursing	278-6460
World Kidney Day	March 9	Bermuda Hospitals Board - Beresford Swan Dialysis Unit	236-2345
World Mental Health Day	October 10	Mid-Atlantic Wellness Institute	236-3770
World No-Tobacco Day	May 31	Department for National Drug Control	292-3049
World Occupational Therapy Day	October 27	Community Rehabilitation	278-6427
World Physiotherapy Day	September 8	Community Rehabilitation	278-6427
World Red Cross Day	May 8	Bermuda Red Cross	236-8253
World Sickle Cell Awareness Day	June 19	Bermuda Sickle Cell Association	333-4525
World Sight Day	October 12	Vision Bermuda	292-3231
World Stroke Day	October 29	Bermuda Hospitals Board	236-2345



# DANCING

= 354 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.  
Calories burn varies according to intensity of activity, gender, age, weight and metabolism.  
*Source: <https://burned-calories.com/sport/dancing>*

## DECEMBER 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## FEBRUARY 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

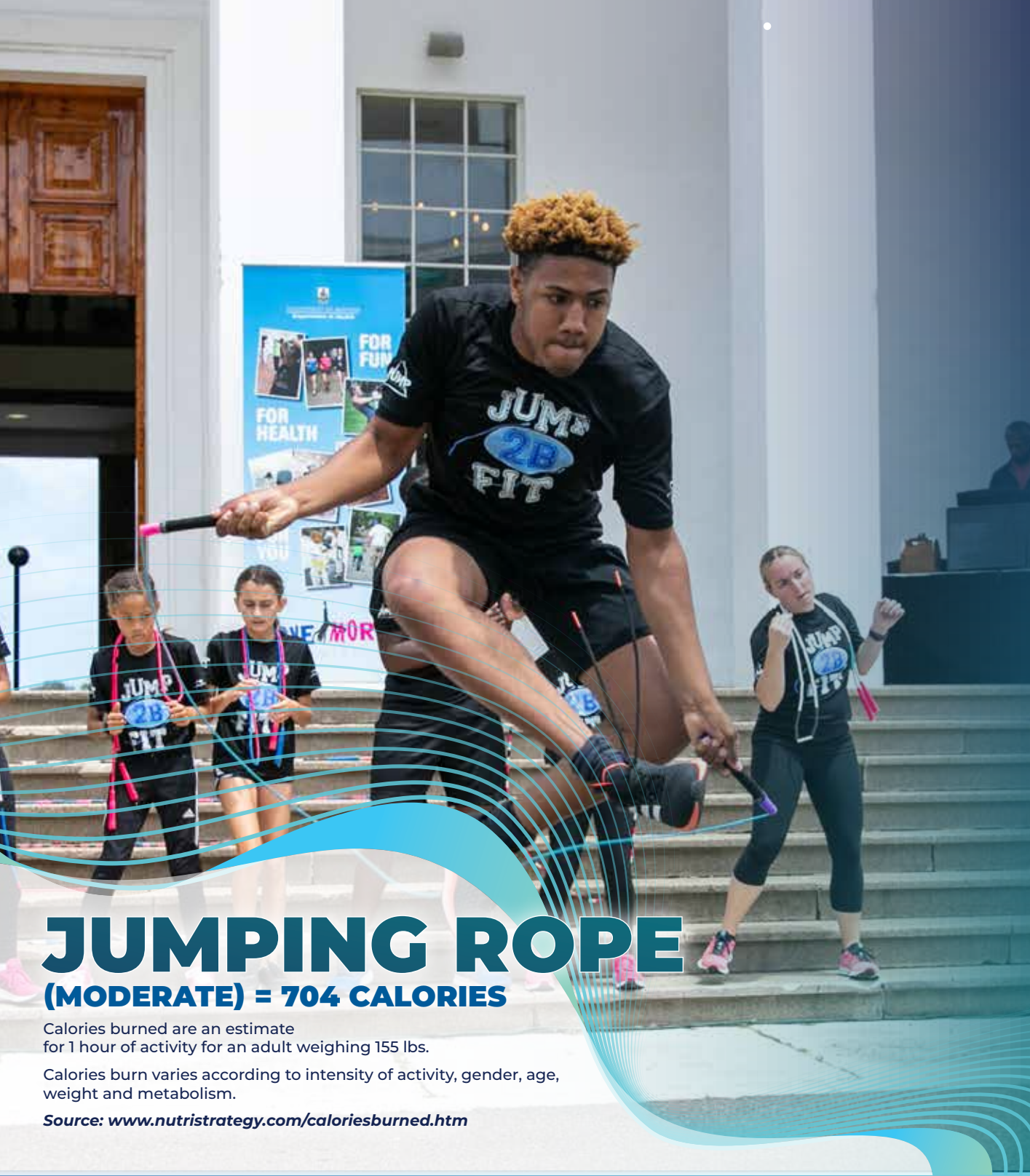
### MONTHLY OBSERVANCES

- Cervical Health Awareness Month

# JANUARY 2023

S	M	T	W	T	F	S
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4





# JUMPING ROPE

(MODERATE) = 704 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.

Calories burn varies according to intensity of activity, gender, age, weight and metabolism.

Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

## JANUARY 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## MARCH 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

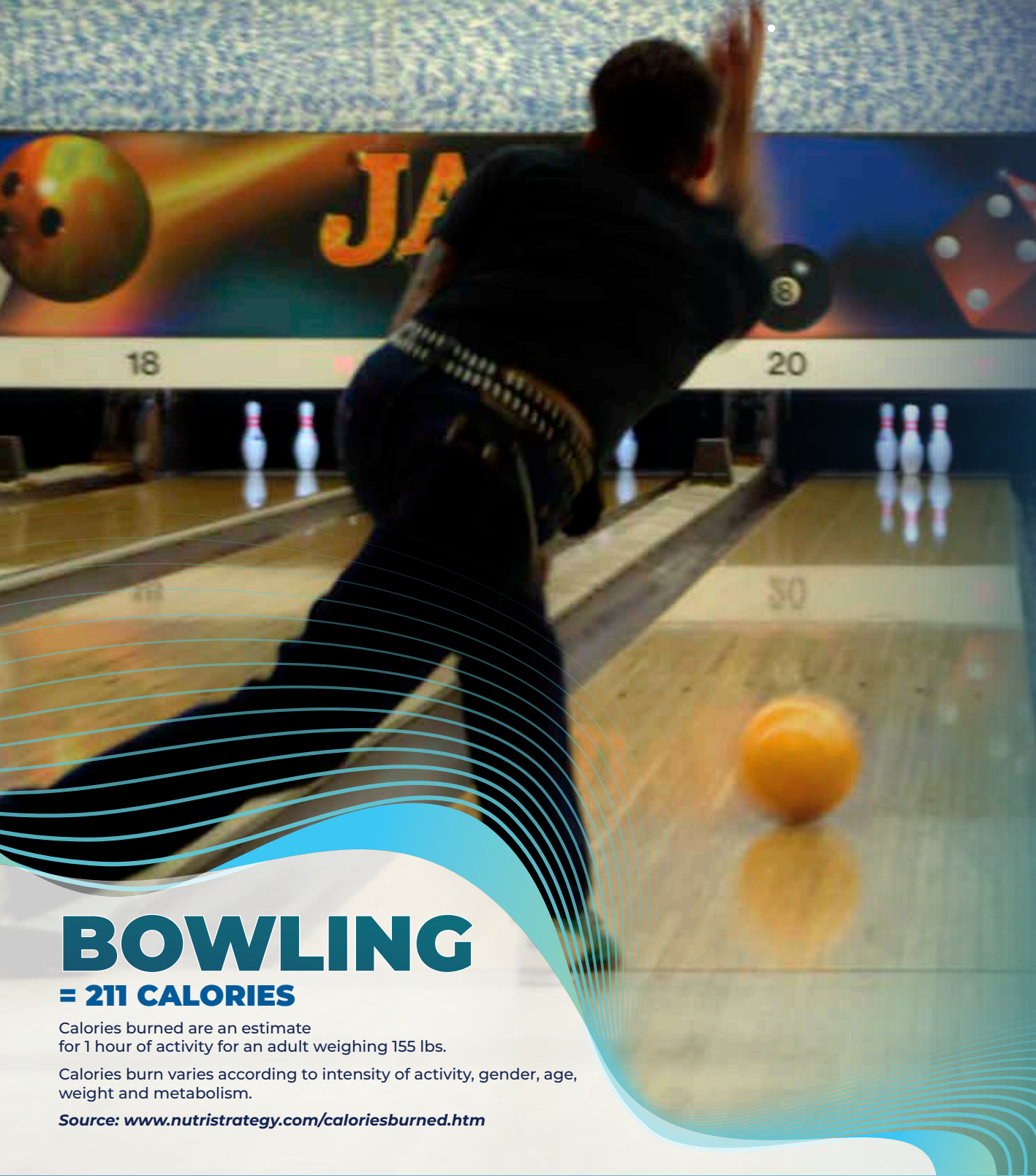
### MONTHLY OBSERVANCES

- Heart Month
- Oral Health Month
- Teen Dating Violence Awareness Month

# FEBRUARY 2023

S	M	T	W	T	F	S
29	30	31	1	2	3	4 World Cancer Day
5	6	7	8	9	10	11
SEXUAL AND REPRODUCTIVE HEALTH WEEK 12-18						
12 Sexual and Reproductive Health Day	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4





# BOWLING

= 211 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.

Calories burn varies according to intensity of activity, gender, age, weight and metabolism.

Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

## FEBRUARY 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## APRIL 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

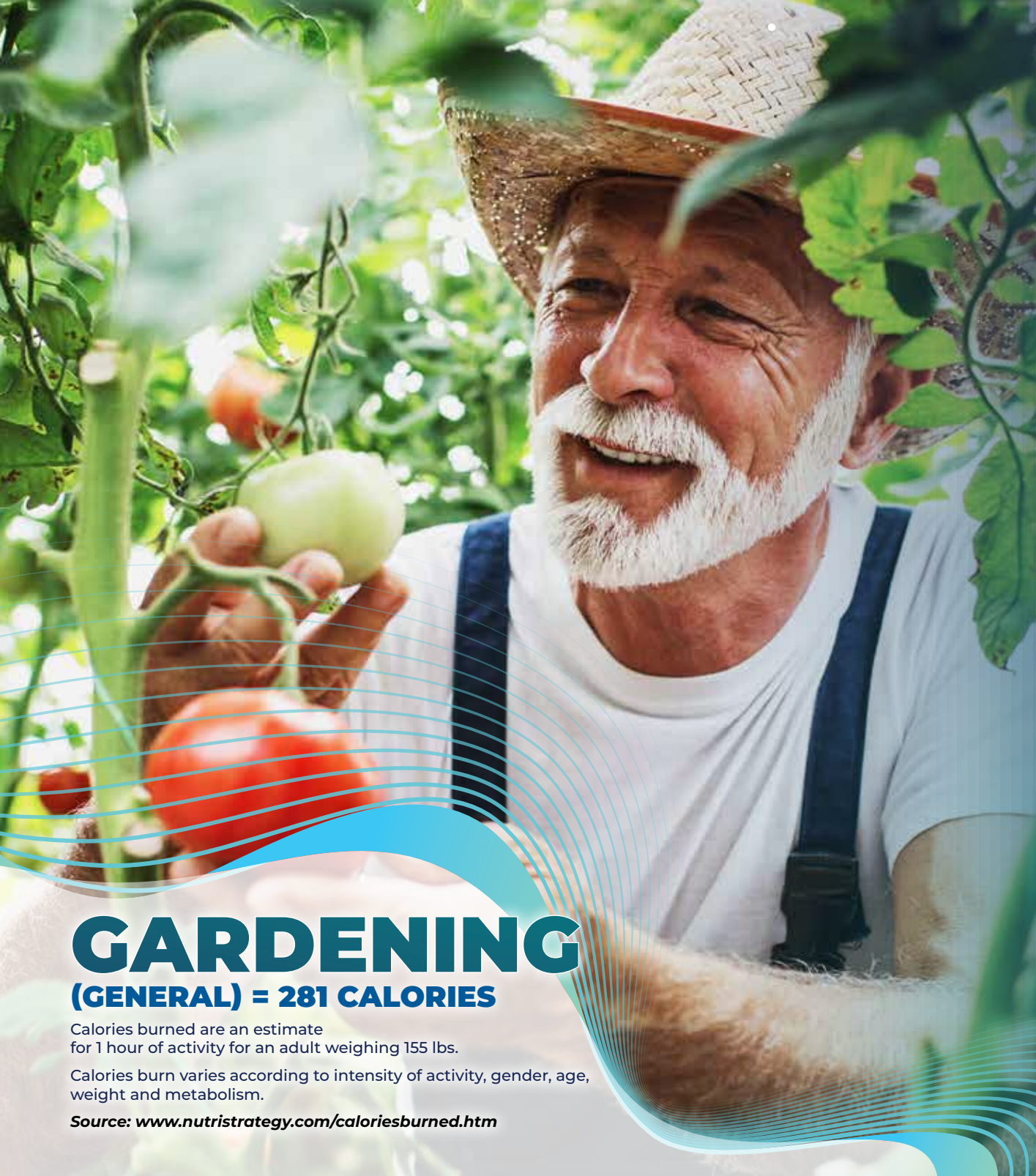
### MONTHLY OBSERVANCES

- Colorectal Cancer Awareness Month
- Nutrition Month
- Rodent Control Awareness Month
- Sun Smart Month

# MARCH 2023

S	M	T	W	T	F	S
26	27	28	1	2	3	4
5	6	7	8 Dietitian's Day	9 World Kidney Day	10	11
12	13	14	15	16	17	18
19	20	21 International Day for the Elimination of Racial Discrimination	22	23	24	25
26	27	28	29	30	31	1





MARCH 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MAY 2023

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

GARDENING  
(GENERAL) = 281 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.  
Calories burn varies according to intensity of activity, gender, age, weight and metabolism.  
Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

MONTHLY OBSERVANCES

- Alcohol Awareness Month
- Autism Awareness Month
- Child Sexual Abuse Awareness & Prevention Month
- Positive Parenting Month

APRIL 2023

S	M	T	W	T	F	S
26	27	28	29	30	31	
						1
WEEK OF THE YOUNG CHILD APRIL 1-7						8
2 World Autism Awareness Day	PUBLIC HEALTH WEEK 3-7					
	3	4	5	6	7 Good Friday World Health Day	
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
VACCINATION WEEK 24-30						29
23 30	MULTIPLE SCLEROSIS AWARENESS WEEK 25 APRIL - 1 MAY					
	24	25	26	27	28 Know Alcohol Day World Day for Safety and Health at Work	





# SWIMMING LEISURELY

= 422 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.  
Calories burn varies according to intensity of activity, gender, age, weight and metabolism.  
Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

## APRIL 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

## JUNE 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### MONTHLY OBSERVANCES

- Ehlers Danlos Syndrome Awareness Month
- Foster Parent Month
- Melanoma Awareness Month
- Mental Health Awareness Month
- Nurses Month
- Stroke Awareness Month
- Teen Pregnancy Prevention Month

## MAY 2023

S	M	T	W	T	F	S
30	1 Melanoma Monday	2 World Asthma Day	3 Teen Pregnancy Prevention Day	4	5 World Hand Hygiene Day	6 Convex End to End
7	8 World Red Cross Day	9	10 Move for Health Day	11	12 International Nurses Day	13
14 Mother's Day	15 International Day of Families International Water Safety Day	16	17 World Hypertension Day	18	19	20 Move More Bermuda Senior Games
EMS WEEK 21 - 27						
21	22	23	24	25	26 Bermuda Day	27
28	HURRICANE PREPAREDNESS AWARENESS WEEK MAY 29 - JUNE 2					3
	29	30	31 World No-Tobacco Day	1	2	





# MAY 2023

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# JULY 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

## LEISURE BIKE RIDING

= 281 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.

Calories burn varies according to intensity of activity, gender, age, weight and metabolism.

Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

### MONTHLY OBSERVANCES

- HIV Awareness Month
- Lung Cancer Awareness Month

# JUNE 2023

S	M	T	W	T	F	S
28	HURRICANE PREPAREDNESS AWARENESS WEEK MAY 29 - JUNE 2					3
	29	30	31	1	2	
4	5	6	7	8	9	10
11	12	13	14 World Blood Donor Day	15 World Elder Abuse Awareness Day	16	17
18 Father's Day	19 National Heroes' Day World Sickle Cell Day	20	21	22	23	24
25	26 International Day Against Drug Abuse & Illicit Trafficking	27 HIV Testing Day	28	29	30	1





# SNORKELLING

= 352 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.  
Calories burn varies according to intensity of activity, gender, age, weight and metabolism.  
*Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)*

## JUNE 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## AUGUST 2023

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### MONTHLY OBSERVANCES

- Fight the Bite (Mosquito Awareness Month) Month

# JULY 2023

S	M	T	W	T	F	S
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





# CRICKET

(BATTING, BOWLING)

= 352 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.

Calories burn varies according to intensity of activity, gender, age, weight and metabolism.

Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

## JULY 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

## SEPTEMBER 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### MONTHLY OBSERVANCES

- Breastfeeding Month

# AUGUST 2023

S	M	T	W	T	F	S
30	31	WORLD BREASTFEEDING WEEK 1-7				
		1	2	3 Emancipation Day (Cup Match)	4 Mary Prince Day (Cup Match)	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2





# GYMNASTICS

= 236 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 135 lbs.  
Calories burn varies according to intensity of activity, gender, age, weight and metabolism.  
Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

## AUGUST 2023

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## OCTOBER 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### MONTHLY OBSERVANCES

- Alcohol and Drug Addiction Recovery Month
- Alzheimer's Awareness Month
- Child Abuse Prevention Month
- Gynaecological Cancer Awareness Month
- Ovarian Cancer Awareness Month
- Sicklecell Awareness Month

# SEPTEMBER 2023

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4 Labour Day	5	6	7	8 World Physiotherapy Day	9 Caribbean Wellness Day
10	NEONATAL NURSES WEEK 11 – 17					
	11	12	13	14	15	16
INTERNATIONAL CLEAN HANDS WEEK 17 – 23						23
FALLS PREVENTION WEEK 17 – 23						
17	18	19	20	21 World Alzheimer's Day	22 Falls Prevention Awareness Day	
24	25	26	27 Celebrating Wellness Day	28	29	30





# HULA HOOPING

## (UNWEIGHTED)

### = 432 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.

Calories burn varies according to intensity of activity, gender, age, weight and metabolism.

Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

### SEPTEMBER 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### NOVEMBER 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

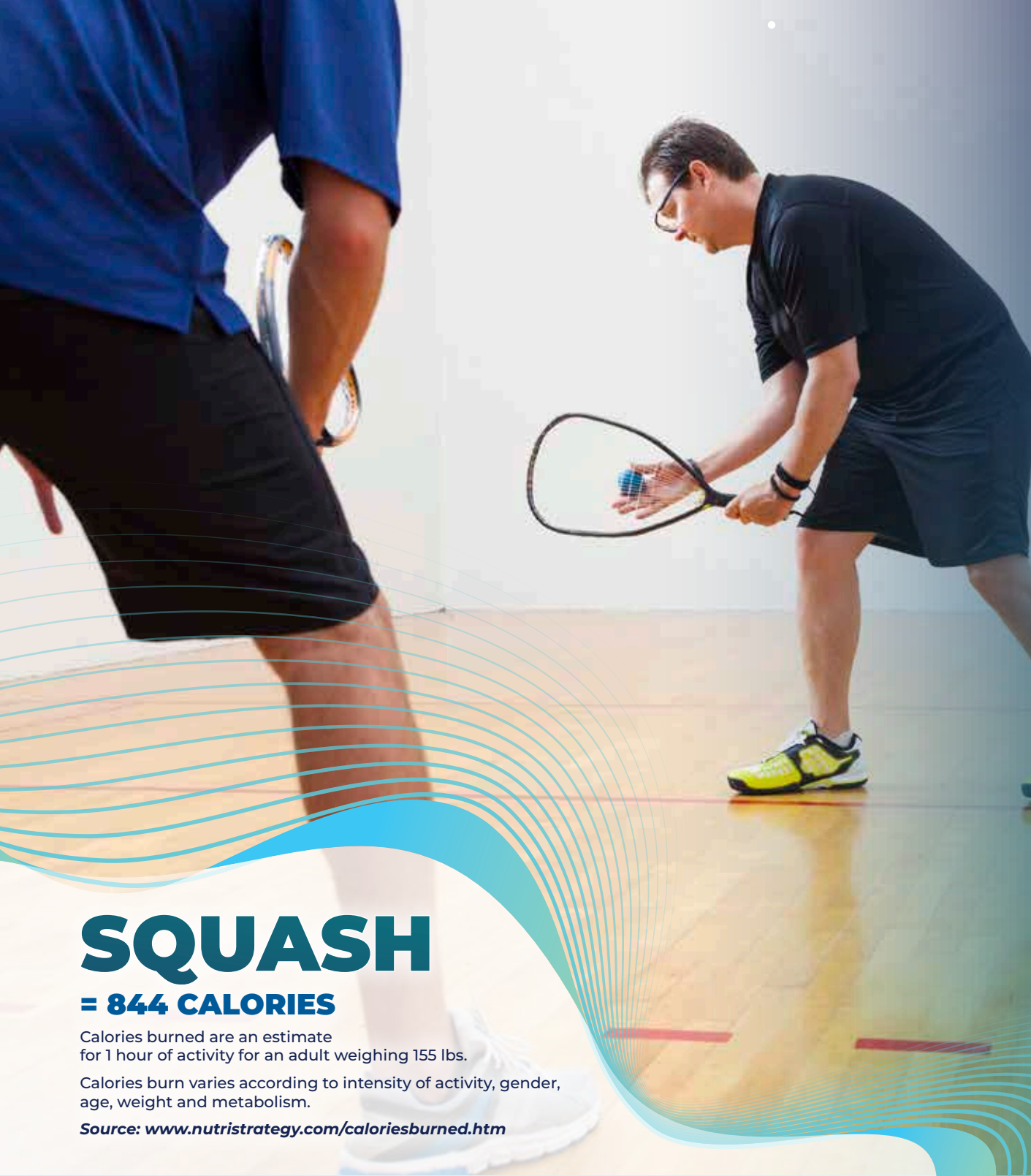
#### MONTHLY OBSERVANCES

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- Dyslexia Awareness Month

# OCTOBER 2023

S	M	T	W	T	F	S
1 International Day of Older Persons	PAEDIATRIC NURSES WEEK 2 – 6					7
2	3	4	5	6		
MENTAL HEALTH WEEK 8 – 14						
8	9	10 World Mental Health Day	11	12 World Sight Day	13 International Day for Disaster Reduction	14
HEALTH CARE QUALITY WEEK 15 – 21						
INTERNATIONAL INFECTION PREVENTION WEEK 15 – 21						
15 Dyslexia Awareness Day	16	17	18	19	20 Mammography Day	21
22	23	24	25	26	27 World Occupational Therapy Day	28
STROKE AWARENESS WEEK OCTOBER 29 - NOVEMBER 3						
29 World Stroke Day	30	31	1	2	3	4





# SQUASH

= 844 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.  
Calories burn varies according to intensity of activity, gender, age, weight and metabolism.  
Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

## OCTOBER 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## DECEMBER 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

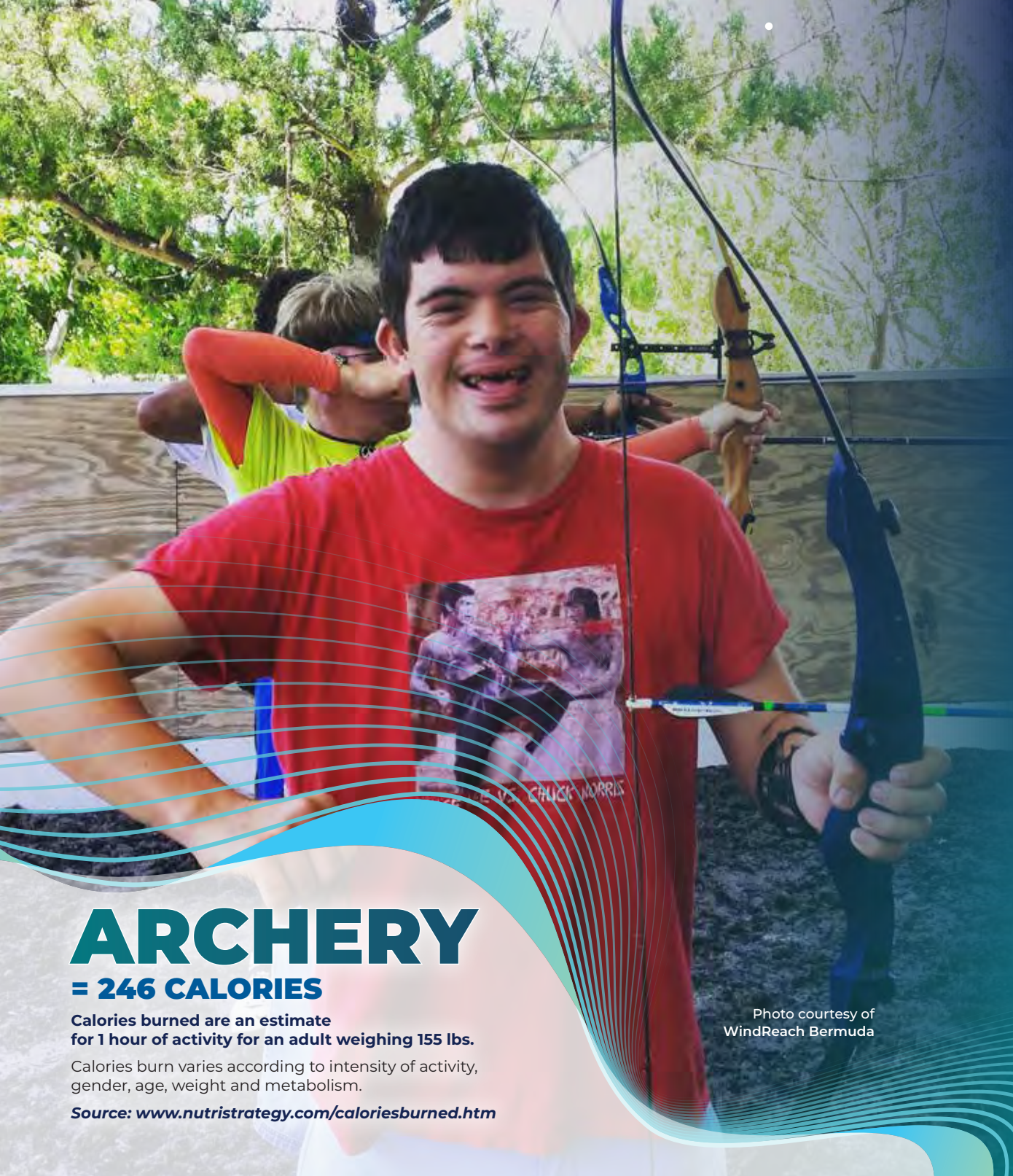
### MONTHLY OBSERVANCES

- Chronic Disease Awareness Month
- Diabetes Awareness Month
- Men's Health Month
- MOvember Bermuda
- Prostate Cancer Awareness Month

# NOVEMBER 2023

S	M	T	W	T	F	S
STROKE AWARENESS WEEK OCTOBER 29 - NOVEMBER 3						4
29	30	31	1	2	3	
5	6	7	8	9	10	11 Remembrance Day
FORENSIC NURSES WEEK 12-18						
12	13	14 World Diabetes Day	15 World COPD Day	16	17 Denim for Diabetes Day	18
19	20 World Children's Day	21	22	23	24	25
ETHICS AWARENESS WEEK NOVEMBER 27 - DECEMBER 2						
26	27	28	29	30	1	2





# ARCHERY

= 246 CALORIES

Calories burned are an estimate for 1 hour of activity for an adult weighing 155 lbs.

Calories burn varies according to intensity of activity, gender, age, weight and metabolism.

Source: [www.nutristrategy.com/caloriesburned.htm](http://www.nutristrategy.com/caloriesburned.htm)

Photo courtesy of WindReach Bermuda

## NOVEMBER 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## JANUARY 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## DECEMBER 2023

S	M	T	W	T	F	S
ETHICS AWARENESS WEEK NOVEMBER 27 - DECEMBER 2						
26	27	28	29	30	1 World AIDS Day	2
3 International Day of Persons with Disabilities	4	5	6	7	8	9
10 Human Rights Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25 Christmas Day	26 Boxing Day	27	28	29	30