<table>
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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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**WALK OVER CANCER CHALLENGE**
- Starts tomorrow

**MINDFULNESS WORKSHOP**
- 7am-9am, $45
  - Wangaratta Performing Arts Centre

**ENJOY**
- Set aside time for activities, hobbies and projects you enjoy.

**WAIT**
- Community breakfast, 7am-9am
  - The Cube Wodonga Courtyard, Hovell St
  - Wangaratta - Community breakfast, 7.15am-8.45am, Ovens Riverside Square, Faithfull St

**PARTICIPATE**
- Join a club or group of people who share your interests.

**WORK SAFE WEEK**
- Until October 28

**TAKING CARE**
- Be active and eat well. Physical and mental health are closely linked.

**REST, REFRESH**
- Go to bed at a regular time and practice good habits for better sleep.

**RELAY FOR LIFE**
- Alexandra Park Sports Precinct 9.30am cancer council.org.au

**CONTRIBUTE**
- Volunteer your time for a cause or issue that you care about.

**ASK FOR HELP**
- Everyone’s life journey has bumpy bits, the people around you can help.

**Be Safe Be Healthy**
- SHE NETWORK WORK SAFE FORUM 9.30am, Huon Hill, Wodonga

**MENTAL HEALTH TIPS FROM BETTER HEALTH CHANNEL**
- [betterhealth.vic.gov.au](betterhealth.vic.gov.au)

**HALLOWEEN HOWLERS**
- Talent quest Commercial Club Albury $20, 7pm P: 02 6055 6531