



AMERICAN DIABETES MONTH | COPD AWARENESS MONTH | DIABETIC EYE DISEASE MONTH
LUNG CANCER AWARENESS MONTH | NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH
NATIONAL FAMILY CAREGIVERS MONTH | PANCREATIC CANCER AWARENESS MONTH

PREVENTION IS POWER

SUNDAY	MONDAY	TUESDAY	WELLNESS WEDNESDAY	DID YOU KNOW THURSDAY	FRIDAY	SELF-CARE SATURDAY
30	31	1	2 	3 	4	5
6	7	8	9 	10 	11	12
13	14 WORLD DIABETES DAY	15	16 	17 GREAT AMERICAN SMOKEOUT HEALTHY AGING	18	19
20 TRANSGENDER DAY OF REMEMBRANCE	21	22	23 	24 THANKSGIVING NATIONAL FAMILY HEALTH HISTORY DAY	25	26
27	28	29 GIVING TUESDAY	30	3	4	5

Thanksgiving is not only a time to gather with friends and family to eat a sumptuous meal and count blessings. It's also **National Family Health History Day** on November 24. Help rewrite your family's health story by learning and documenting your own family health history and take the first step to help to ensure a longer, healthier future together. Take a moment to learn more about what you can do to ensure **Health4Life!** [CABLACKHEALTHNETWORK.ORG](https://cablackhealthnetwork.org)

Visit us @yourcbhn on Thursdays for the "Did You Know" tip of the day!