



OCTOBER 2020



National Apple Month

&

National Breast Cancer Awareness Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					National Custodial Worker's Recognition day! 	Breast Cancer Fact: 1 in 8 women in the US will be diagnosed with breast cancer within their lifetime.
4	5	6	7	8	9	10
World Smile Day! 	Breast Cancer Fact: Over 3.3 million breast survivors are alive in the US today!		National Coffee with a Cop day! 	Apple Fact: Apples have been linked to lower risk of heart disease!		World Mental Health Day!
11	12	13	14	15	16	17
	Apple Fact: Eating apples lowers the risk of Type 2 Diabetes!	National Train Your Brain Day! 		Breast Cancer Fact: Each year it is estimated that over 252,710 women in the US will be diagnosed with breast cancer.	Boss's Day! 	Apple Fact: One apple contains a variety of strong antioxidants.
18	19	20	21	22	23	24
	National Clean Up Your Virtual Desktop Day!	Apple Fact: Apples can help strengthen your lungs!	Support Your Local Chamber of Commerce Day!			National Make A Difference Day!
25	26	27	28	29	30	31
Apple Fact: Eating an apple is linked to higher bone density!		Apple Fact: Apples are high in fiber, which makes you full!	National Internal Medicine Day!			HALLOWEEN