Join the **Move More: Movember Challenge**! Sign up at movember.com and join the Carleton University team – commit to walking or running 60 kms during the month of November for a chance to win!

**The Movember Foundation** is committed to ensuring men with prostate cancer and testicular cancer live happier, healthier, longer lives.

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<th>Sunday</th>
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<td>Free Webinar: Having Difficult Conversations Monday, November 4 2:00 – 3:00pm Access through the Not Myself Today Members Portal</td>
<td>10 Healthy Habits of Financial Management CPA Canada Noon – 1pm 506 Tory Building (balance icon)</td>
<td>Essential Family Conversations – protecting yourself and your wishes 12 – 1:15pm 608 Robertson Hall</td>
<td>Safety and Efficacy of Supplements for your Health Dr. Alanna Dyment, ND Noon – 1pm 608 Robertson Hall</td>
<td>Lunchtime Volleyball Tuesdays &amp; Thursdays Noon – 1pm Norm Fenn Gym</td>
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<td>10 The Library Silent Auction in support of United Way runs from Nov 13 – 20! Buy your holiday gifts and support a great cause at the same time!</td>
<td>Remembrance Day</td>
<td>Sports Photography Chris Strangemore Noon – 1pm Fieldhouse</td>
<td>Mental Health in the Workplace (For Managers) 9:00 – 12:30 482 Library Registration required</td>
<td>Lunchtime Crafting Group Thursdays Noon – 1pm 310 Library</td>
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<td>17</td>
<td>18 Aging Parents: The Care Conversation Jennifer Moir Noon – 1pm 506 Tory Building</td>
<td>Mastering Meal Planning Workshop Amy Longard Noon – 1pm 2017 Dunton Tower</td>
<td>Open Doors Carleton November 19, 20, 21 Various locations</td>
<td>Professor Janet Mantler Mental Health Speaker Series Noon – 1pm 608 Robertson Hall</td>
<td>Lunchtime Squash Mondays &amp; Fridays Noon – 1pm Athletics</td>
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<td>24</td>
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<td>26 Fats: The Good, the Bad, the Ugly Jacky – Dining 2017 Dunton Tower</td>
<td>The Journey out of Debt CPA Canada Noon – 1pm 481 Library</td>
<td>RRSPs vs. TFSAs Info Session Noon – 1pm 506 Tory Building</td>
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<td>30 For the full list of Healthy Workplace activities and programs, visit our website: carleton.ca/hwp or click on the headings to be taken to their web pages.</td>
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