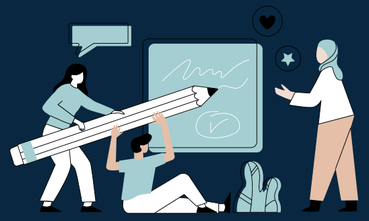

NOVEMBER 2023

MEN'S HEALTH AWARENESS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 World Vegan Day	2	3	4	5 Guy Fawkes/Bonfire Night
6	7	8	9	10	11 Remembrance Day	12 Diwali
13	14 King Charles III's Birthday	15	16	17	18	19
20	21	22	23 Thanksgiving	24 Black Friday	25	26
27	28 Cyber Monday	29	30 St Andrew's Day			

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