



NOVEMBER 2023



VETERANS DAY

HONORING ALL WHO SERVED

THE MONTHLY THRIVE



Community Events/Dates



Contact our office to hear about available support groups and trainings.

(321) 241-3773

- 11/4 - Out of the Darkness Walk
- 11/4 - Festival Of Trees
- 11/5 - Fay Lake FestiFall & Chili Cookoff
- 11/11 - Veterans Day
- 11/18 - Brevard Children's Business Fair
- 11/18 - Hoot in the Park
- 11/23 - Happy Thanksgiving!
- 11/23 - Brevard Turkey Trot 5K
- 11/25 - Small Business Saturday
- 11/25 - Brevard Symphony Orchestra Sounds of the Season Holiday Concert



Food For Thought

Fall into mindful eating and exercise habits this month. With Thanksgiving Day right around the corner, practicing mindful eating can help us not to feel a sense of guilt while we indulge in our favorite holiday foods this season.

- Eat slowly
- Start with small portions
- Go for a walk after eating
- Drink a glass of water before your meal
- Utilize all of your senses
- Don't skip meals
- Remove distractions
- Allow 20 min before getting a second plate

Turkey Talk

Family gatherings are a great time to catch up with one another. While it's fun, or even tradition, to watch the football game or parade, take some time to step away from technology and have conversations with your friends and loved ones.

