

October 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Create your equipment calendar today & inspire		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	#DefiantAndFree Day #HabeasCorpus Day	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	#DefiantAndFree: Helping you live life without limits since 2013
Get involved, Get active, Get inspired	Outdoor activities	Movement is the life is Movement	Positive health is ways of expressing energy			Stay tuned on Social media, Instagram, Email & more to follow

Wendy's Nutrition
 10/15/19
 10/22/19
 10/29/19

Wendy's Best Month
 October 17th
 October 17th

Wendy's
 10/17/19
 10/17/19

Wendy's
 10/18/19
 10/18/19

Wendy's
 10/19/19
 10/19/19

Wendy's
 10/20/19
 10/20/19