









## Breast Cancer Awareness Month



### 5 Ingredient Healthy Pumpkin Cookies

- 1 Cup Pumpkin Puree
- 2 Cups Quick Oats
- ¼ Cup Maple Syrup
- ½ Cup Peanut Butter
- 1 Tsp Pumpkin Pie Spice
- Chocolate Chips

Preheat oven to 350 degrees.  
Prepare two baking sheets with nonstick spray. Add pumpkin, oats, syrup, peanut butter and pumpkin pie spice in a large bowl and with mixer, mix for about 30 seconds. Form the dough into tablespoon balls. The dough should be sticky. Place on cookie sheet. Gently press down each cookie with your fingers or spoon. Add chocolate chips on top of each cookie. Bake for 15-17 minutes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Save the Date!</b> <b>Annual Benefits</b> <b>Open Enrollment</b> <b>November 8<sup>th</sup>-19<sup>th</sup></b>		<u>Wellness Tip:</u> Start taking a Vitamin D supplement		1 Join us for United on the Plaza @ Government Plaza from 11:00-2:00	2 Mississippi v. UA
3 <u>Wellness Tip:</u> Take some time to yourself	4	5 Do Something Nice Day	6	7 Coffee with a Cop Day 	8	9 UA v. Texas A&M
10 World Mental Health Day 	11	12	13 <u>Wellness Tip:</u> Get your flu shot and yearly check-up	14 Drive-Thru Flu Clinic @ Tuscaloosa County Health Department 8:00-12:00	15 Bosses Day 	16 UA v. MS State
17	18 <u>Wellness Tip:</u> Boost your immune system	19 Evaluate Your Life Day	20	21	22 WEAR PINK IN SUPPORT OF BREAST CANCER AWARENESS	23 Tennessee v. UA
24 	25	26	27 Lung Health Day 	28	29 Frankenstein Friday 	30
31						