



November is Diabetes Awareness Month and the American Cancer Society's Great American Smokeout Challenge. Throughout the month the Wellness Team will be providing some important information regarding both events.

FEATURE EVENT: On Friday, November 20th there will be a FREE LUNG FUNCTION TESTING in the café from 11 – 1 presented by SJC Nursing faculty and students.

For more information for either of these subjects go to:

<http://www.diabetes.org/>

<http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>