

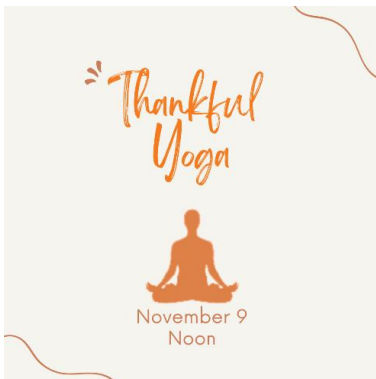
November Events

At The Clubhouse



Wednesday, November 3 | Braves Special

In celebration of the Brave's playing in the World Series The Market is offering a \$3 lunch special! Stop by The Market this Wednesday, November 3 to grab a \$3 meal that will include a hot dog, chips and drink. Also, come grab some free peanuts and Big League Chew from The Clubhouse. Let's Go Braves!



Tuesday, November 9 | Thankful Yoga

Prepare for Thanksgiving by participating in Thankful Yoga. This yoga class will be focused on gratitude and will also help with relaxation and stretching. Join the class at The Fit Club Tuesday, November 9 at noon. No registration required.



Tuesday, November 16 | Happy & Healthy Free L&L

Join this free lunch and learn that will kick-start a holiday health challenge at The Fit Club. Titled *Happy and Healthy*, in the workshop you will learn how to navigate nutrition through the holidays and beyond. In-person participants will also receive free lunch. Sign up [here](#) to attend in person or virtually on Tuesday, November 16 at noon.



Thursday, November 18 | Thanksgiving Trivia & Meal

On Thursday, November 18 The Market will be selling a Thanksgiving lunch special. Also, join us in The Clubhouse dining room at noon for Thanksgiving Trivia! The Thanksgiving themed trivia game will test your knowledge of the holiday and fall season for a chance to win up to a \$100 prize. Sign up [here](#) to participate

and bring along up to four additional teammates to compete.

Scan here to participate in these upcoming events.

