



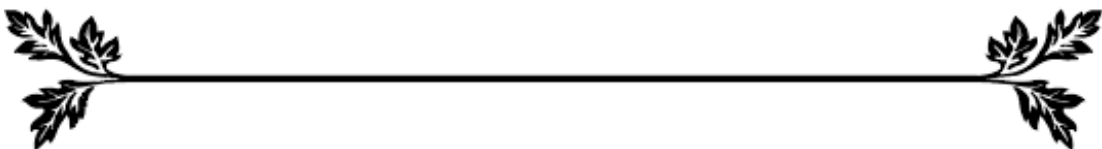
Welcome to The Mondays Newsletter.

Taking a moment to let you know how thankful we are to have the honor to work for this incredible foundation. Mondays at Racine Cancer Care

Foundation has the most spectacular supporters & friends and it's because of you that this foundation stands as tall as it does today.

We are mission driven, taking care of our friends, mothers, sisters, brothers, fathers and children with direct services and dignity. Thank you for giving us this opportunity and thank you to everyone who continues to support and work with the Mondays at Racine Foundation. And most importantly, thank you to our patients for trusting in the program and teaching us the magnificent power of kindness and gratitude. We truly are all in this together...

*From our family to yours...we wish you
the most heartfelt, safe & healthy Thanksgiving!*



Mondays Wellness + Nutrition

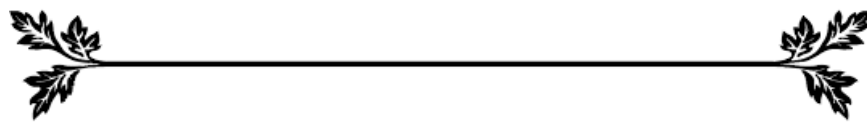
With the holidays just around the corner, staying fit isn't always easy. To help keep the holiday bulge at bay this year, here are some simple tips to ensure a healthy yet delicious Thanksgiving day!



➤ [Check Out the Healthiest Fall Foods Available Now!](#)

➤ [Worried About Weight Gain This Holiday Season? Simple Tips & Tricks to Avoid the Usual Holiday Pitfalls](#)

This month's Mondays Recipe...
Butternut Squash Soup



SAVE THE DATE

Black Friday. Cyber Monday.

#GIVINGTUESDAY™

November 29, 2016

Mondays at Racine has partnered with #GivingTuesday!

Our national day of giving thanks, Thanksgiving, is immediately followed by two days of stuff- getting: the rampant frenzy of consumer hand-to-hand combat known as Black Friday, which has spilled over to Cyber Monday. The splurge and binge of those days create the perfect conditions for a change of pace. We need a dedicated day of giving, this time not just our heartfelt thanks but also something more tangible. So, if you are looking to find relief from the over indulgence we all take part in, consider #GivingTuesday, literally.



MONDAYS EMPLOYEE OF THE MONTH



Meet Our Staffer of the Month...

The One, The Only...Patty Oswald!

Oh Patty, is there anything you can't do? Your healing hands, BIG kind heart, quick wit and constant comic relief get us through every day. You are relentless with innovation and stand as a strong pillar of hope to our patients.

You are a star ★ among stars and we are so LUCKY to have you! xoxo
(Ironed sandwich anyone??)

make, Amazon will donate a portion of the sale to Mondays at Racine. It's that easy...click here to get started:

<http://bit.ly/AmazonSmileMondays>



Mondays at Racine | 631-255-9923 | info@mondaysatracine.org



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