






November 2020



Florence Crittenton
Believe • Achieve • Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
<p>Our regular monthly schedule has been modified to help encourage social distancing & help slow the spread of COVID-19 to our HEAT Family.</p> <p>Watch for weekly emails regarding classes via Zoom & FB Live.</p>						14
						21
22	23	24	25	26 Thanksgiving Day	27	28
29	30	 BlueCross BlueShield of Kansas Foundation 	<p>The HEAT Up Topeka program is supported by a gift from Florence Crittenton & BCBSKS Foundation</p>	<p>Free childcare offered at Tues & Thurs 6:15pm classes.</p>		 4746 SW 21st St



Heat Up Topeka

www.flocritkansas.org