

# NMPSIA Wellness Events – May



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		1 <a href="#">Life on Mindfulness</a> PW LIFE ON MINDFULNESS	2	3	4/5
6	7	8	9	10	11/12
13	14	15 <a href="#">Harmony on Your Plate: Seasonal Eating for Environmental and Personal Health 12PM</a>	16	17	10/19
20 Mindset Monday: Moving Mindfully <a href="#">8:30AM</a> or <a href="#">3:45PM</a>	21 <a href="#">Better Sleep for Better Health 3:30 PM</a>	22	23 <a href="#">Monthly Cooking Show: Kick up your Heels and Salsa 12PM</a>	24	25/26
27 Labor Day	28	29 Wellness Wednesday: Sleep- Why We Need It <a href="#">8:30AM</a> or <a href="#">3:45PM</a>	30	31	June 1