

NMPSIA Wellness Events – October



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun Sept 1
	1 LOM Calm & Strong Walktober Challenge	2 30 Ways to Well-Being myStressTools	3	4	5/6
7	8	9	10	11	12/13
14	15 Woman's Way to Wellness: 3:30 p.m.	16 Eat Smart: Tips for Healthy Eating	17	18	19/20
21	22	23	24 TSG Monthly Cooking Show – A Noodle-Y Adventure	25	26/27
28 Mindful Mondays – Shift to Positive Thinking: 8:30 a.m. or 3:45 p.m.	29	30 Wellness Wednesdays- Gratitude Journaling: 8:30 a.m. or 3:45 p.m.	31	Nov 1	2