

# NMPSIA Wellness Events – November



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
30 October	31	1 November <a href="#">Life on Mindfulness OnDemand</a>	2	3	4/5 November <a href="#">Vitamin Newsletter Make it through the holidays, healthier-English</a>
6	7	8	9 <a href="#">Cooking Show It's Getting Chili Out There! 12PM</a>	10	11/12 <a href="#">Vitamin Newsletter Pasa las fiestas de fin de ano sin descuidar su salud</a>
13	14	15 <a href="#">The Power of Gratitude 11AM</a> <a href="#">Connect with your purpose for greater well-being. 12PM</a>	16	17	18/19
20 <a href="#">Mindset Monday – Holiday Joy on a Budget at 11:00am</a>	21 <a href="#">Healthy Holiday Eating at 4:00pm</a>	22 <a href="#">Wellness Wednesday Workshop – Less is More at 8am or 12pm</a>	23	24	25/26
27	28	29	30	1 December	2/3