

NMPSIA Wellness Events - November



2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 October Healthy and Whole Challenge REGISTRATION	1 November Monthly VitaMin Newsletter	2 Healthy and Whole Challenge Information Session @ 12pm	3 Healthy and Whole Challenge REGISTRATION	4 Healthy and Whole Challenge REGISTRATION	5/6 Healthy and Whole Challenge REGISTRATION
7 Healthy and Whole Challenge REGISTRATION	8 TSG Webinar: Make the Most of Your Break with Time Confetti	9 Cigna Life Connected Seminar: The Power of Gratitude	10 Healthy and Whole Challenge REGISTRATION	11 Healthy and Whole Challenge REGISTRATION	12/13 Healthy and Whole Challenge REGISTRATION
14	15	16 Wellness Wednesday Workshop How to Create a Balanced Life 8:00am OR 12:00pm	17 TSG Cooking Show: Touchdown Tailgate	18	19/20
21	22	23	24	25	26/27
28 Mindset Monday Mindfulness Eating 11:45am-12:00pm	29 Wellness Webinar Weaving Wellbeing Into Our Lives 3:30-4:15pm	30	1 December	2	3/4
5	6	7	8	9	10/11