

# NMPSIA Wellness Events – November



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
4			<a href="#">LOM Calm &amp; Strong</a>	1  <a href="#">30 Ways to Well-Being</a>  <a href="#">myStressTools</a>	2/3
4	5	6	7	8	9/10
11	12 <a href="#">Blue Access For Members &amp; WoT Overview: 3:30 p.m.</a>	13	14 <a href="#">Dough My Goodness: 12 pm</a>	15	16/17
18 A1C Explained: <a href="#">8:30 a.m.</a> or <a href="#">3:45 p.m.</a> ONLY 15 MIN	19 <a href="#">Managing Your Diabetes: 3:30 p.m.</a>	20 <a href="#">The Power of Social Connections: 12pm</a>  Diabetes Nutrition: <a href="#">8:30 a.m.</a> or <a href="#">3:45 p.m.</a> ONLY 15 MIN	21 <a href="#">TSG Monthly Cooking Show – A Noodle-Y Adventure</a>	22	23/24
25	26	27	28 Thanksgiving	29	30