

NMPSIA Wellness Events – September



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun Sept 1
2 Life of Mindfulness myStressTools	3 LOM Starter Kit in Mindfulness	4	5	6	7/8
9	10	11	12	13	14/15
16	17 Understanding Burnout: 3:30 p.m.	18 Resilience Redefined: 12:00 p.m.	19	20	21/22
23 Mindful Mondays – Compassionate Self-Care: 8:30 a.m. or 3:45 p.m.	24	25 Wellness Wednesdays- Sun Safety: 8:30 a.m. or 3:45 p.m.	26 TSG Monthly Cooking Show – One Skillet for September 12:00 p.m.	27	28/29
30	Oct 1	2	3	4	5