

NMPSIA Wellness Events – January



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					1 January Life on Mindfulness - OnDemand
2	3 Monthly VitaMin Newsletter	4	5	6 Last Day of Healthy & Whole Challenge	7/8
9	10	11	12	13	14/15 Life On Mindfulness – On Demand
16	17	18 What is the Quality of Your Motivation at 12pm Wellness Wednesday Workshop No Resolutions, Try these 3 R's instead 8am 12pm	19	20	21/22
23	24	25	26 Cooking Show: Ease into the New Year @ 12pm	27	28/29
30 Mindset Monday Shift to Positive Thinking 12:00pm	31 Life on Mindfulness – On Demand	1 February	2	3	4/5