

NMPSIA Wellness Events – March



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
27 February	28	1 March	2	3	4/5
6	7	8	9 Eat the Mediterranean Way @ 3:30 4 Week Series-Use Same Link for all sessions.	10 Right on the Money Challenge Ends	11/12
13	14	15 Financial Security @ 12:00pm	16 Good Nights Better Days: Reset Your Rest with Healthy Sleep Habits @ 10am or 6pm	17	18/19
20	21	22 Wellness Wednesday Workshop Nutrition on a Budget @ 12pm	23 Cooking Show – Hurry, It’s Time for Curry @ 12:00pm	24	25/26
27 Mindset Monday Mindful Eating 11:30am	28	29	30	31	1/2 April