

NMPSIA Wellness Events – May



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1 May Life on Mindfulness Q2 - On Demand Mindful Eating	2 VitaMin Newsletter English Spanish	3	4	5	6/7
8	9	10	11 Autism Awareness Webinar Series Register for Remaining 2 11am-12pm 5/11 & 6/8	12	13/14
15	16	17 Physical Health and Social Connection 12PM	18	19	20/21
22 Mindset Monday Compassionate Self Care 11:30am	23	24 Wellness Wednesday Workshop – Empathy and Positive Mental Health 8AM or 12PM Mental Health: You Can Make a Difference 11am-12pm MST	25 Cooking Show – Burger Night Done Right 12PM	26	27/28
29	30	31	1 June	1	3/4