

NMPSIA Wellness Events – October



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
25 September	26	27	28	29	30/ 1 October VitaMin Newsletter Calming Anxious Thoughts – English Cómo apaciguar los pensamientos de ansiedad - Spanish
2 Life on Mindfulness On Demand Mindful Eating	3	4	5	6	7/8
9	10	11	12	13	14/15
16	17 E-Cigarettes and Vaping 4pm	18 The Language of Our Emotions 12pm	19	20	21/22
23	24	25 Wellness Wednesday Workshop – Prevention Principles 8am or 12pm	26 Food Trends Made Nourishing 12pm	27	28/29
30 Mindset Monday – Laughter is the Best Medicine at 12:45pm	31	1 November	2	3	4/5