

NMPSIA Wellness Events – April



NMPSIA Wellness 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat/Sun |
|--|--|---|--|--|--|
| 27 March | 28 | 29 | 30 | 31 | 1/2 April Nourish Your Green Zone Registration Opens. 6-week email program begins 4/17 |
| 3 | 4 VitaMin Newsletter Saving on Prescriptions English Spanish | 5 | 6 | 7 | 8/9 |
| 10 | 11 | 12 | 13 Autism Awareness Webinar Series Register for All 3 11am-12pm 4/13, 5/11 & 6/8 | 14 Nourish Your Green Zone Registration Closes. 6-week email program begins 4/17 | 15/16 |
| 17 | 18 | 19 Sleep Hygiene @ 12:00pm Work and Personal Life: The Balancing Act 11am-12pm | 20 | 21 | 22/23 |
| 24 Mindset Monday Successful Strategies to Achieve Goals 11:15am | 25 | 26 Wellness Wednesday Workshop How to Create a Balanced Life 8am 12pm | 27 The Cooking Show- Make it Meatless Monday at 12:00pm | 28 | 29/30 |