

NMPSIA Wellness Events – February



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
30 January	31	1 February	2	3	4/5
6 Right on The Money Challenge Registration Opens Today, Runs 2/13-3/10	7	8	9	10	11/12
13 Right on The Money Challenge Opens	14	15 Wellness Wednesday Workshop Sleep & the Heart Connection 8am 12pm Mindfulness of the Heart 12pm	16	17	18/19
20	21	22	23 Breakfast for Dinner 12pm	24	25/26
27 Mindset Monday Non-Sleep Deep Rest 12:30pm	28	1 March	2	3	4/5