

NMPSIA Wellness Events – August



2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
31 July	1 August <u>Mental and Emotional Health Topics and Knowledge Center</u>	2	3	4	5/6 August VitaMin English Spanish
7	8	9	10	11	12/13
14	15	16 Mastering Time Management 12-1pm	17	18	19/20
21	22	23 Wellness Wednesday Workshop - Financial Fitness:5 Focus Areas 8am or 12pm	24 Cooking Show Sea;Food Can be Easy 12pm	25	26/27
28 Mindset Monday at 12:15pm	29	30	31	1 September	2/3