

# NMPSIA Wellness Events – September



**NMPSIA**  
*Wellness* 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
28 August	29	30	31	1 September <b>VitaMin Newsletter</b> <a href="#">Using Conflict to Foster Growth – English</a>  <a href="#">Using Conflict to Foster Growth - Spanish</a>	2/3
4	5	6	7	8	9/10
11	12	13	14	15	16/17
18	19	20 <a href="#">Family Life: The Juggling Act @ 11am</a>  <a href="#">Gut Health’s Impact on Well-being @ 12pm</a>	21	22	23/24
25 <a href="#">Mindset Monday - Align Self-Care for Autumn at 12:30pm</a>	26	27 <a href="#">Wellness Wednesday Workshop-Strong Bodies = Strong Brains 8am or 12pm</a>	28 <a href="#">So Many Pastabilities @ 12pm</a>	29	30/ 1 October