

NMPSIA Wellness Events – August



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
29 July	30	31	1 30-Ways to Well to Well-Being myStress Tools	2 LOM Starter Kit in Mindfulness Life on Mindfulness	3/4
5	6	7	8	9	10/11
12	13 Blue Access for Members and Well on Target Member Overview: 3:30 p.m.	14	15	16	17/18
19 Budgeting Mindfully: 8:30 a.m. and 3:45 p.m. ONLY 15 MINS!	20 Financial Wellbeing Webinar: 3:30 p.m.	21 Mastering Your Money: Budgeting Tips and Tricks: 12:00 p.m.	22 TSG Monthly Cooking Demo - Sandwich Secrets Unwrapped: 12:00 p.m.	23	24/25
26	27	28 Financial Fitness: 5 Focus Areas: 8:30 a.m. or 3:45 p.m. ONLY 15 MINS!	29	30	31/1 September