

NMPSIA Wellness Events – February



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
29 January	30	31	1 Life on Mindfulness PW LIFEONMINDFULNESS	2	3/4
5	6	7	8	9	10/11
12	13 Eating with Purpose 6-Week Virtual Series	14	15	16	17/18
19 Nutrition, Blood Pressure and Heart Health 4PM	20	21 In Our Chaotic World, Can You Cultivate Ease Within? 12PM	22 Hearty Heart Dinner 12PM	23	24/25
26 Mindset Monday Stress Less; Live More 8:30AM or 3:45PM	27	28 Wellness Wednesday Better Sleep for Better Health 8:30AM or 3:45PM	29	1 March	2/3