

NMPSIA Wellness Events – March



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
26 February	27	28	29	1 Life on Mindfulness PW LIFEONMINDFULNESS	2/3 Mindfulness Toolkit 30 Ways to Well-Being
4	5	6	7	8	9/10
11	12	13	14 Financial Wellness Webinar 3:30pm	15	16/17
18 Ditch the Diet: Principles of Intuitive Eating 4:00pm	19	20 Time Management 12:00PM	21	22	23/24
25 Mindset Monday Trending in Nutrition 8:30AM or 3:45PM	26	27 Wellness Wednesday Workshop Colorectal Cancer Awareness 8:30AM or 3:45PM	28 Cooking Show- Spice up Your Life with this Noodle Delight! 12:00pm	29	30/31