

NMPSIA Wellness Events – April



2024

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1 Life on Mindfulness PW LIFEONMINDFULNESS	2	3	4	5	6/7
8 Spring into Motion Challenge Begins	9 Well onTarget Overview Presentation	10	11	12	13/14
15	16 Resilience: Rising Strong 3:30PM	17 Unlocking the Gut Brain Axis and Nourishing the Mind 12PM	18	19	20/21
22	23	24 Wellness Wednesday How to Create a Balanced Life 8:30AM or 3:45PM	25 Monthly Cooking Show: Clucktastic Creations! 12PM	26	27/28
29 Mindset Monday Spring into “New Years” Resolutions 8:30AM or 3:45PM	30	1 May	2	3	4/5