

NMPSIA Wellness Events – November



2025

Programs Available all Month Long

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
					1/2
3	4	5	6	7	8/9
10	11 Diabetes Explained: 3:30 p.m.	12	13 	14	15/16
17 Diabetes 101: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	18	19 Sugar Unwrapped: The Real Scoop on Sweetness & Health: 12:00 p.m. Diabetes Nutrition: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	20 TSG Monthly Cooking Show – Superfoods with Power-Packed Flavors: 12:00 p.m.	21	22/23
24	25	26	27 	28	29/30

[Burn Bright, Burn Out Less](#)

[On-Demand Mindfulness Program: NEW Walking into Mindfulness](#)

[Life of Mindfulness](#)

Health Education Podcasts:

- [4 Things You Should Know to Live A Life With Diabetes](#)
- [10 Consejos para el Manejo de la Diabetes](#)

Random Acts of Kindness Foundation:

<http://randomactsofkindness.org>