

NMPSIA Wellness Events – October



2025

Programs Available all
Month Long

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
		1	2	3	4/5
6	7	8	9	10	11/12
13	14	15 Strong is the New Flex: Building Muscle with Posture : 12:00 p.m.	16	17	18/19
20	21 Women's Way to Wellness : 3:30 p.m.	22	23 TSG Monthly Cooking Show – Vibrant Vegetarian Creations : 12:00 p.m.	24	25/26
27 Osteoporosis: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	28	29 Navigating Menopause: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	30	31	Nov 1

[Burn Bright, Burn Out Less](#)

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

[Life of Mindfulness](#)

Health Education
Podcasts:

- [Managing Menopause](#)
- [Self-Care Meditation](#)
- [What You Should Know to Reduce Your Risk for Cancer](#)

*If you cannot attend a webinar, please listen to a podcast similar to the presentation