

NMPSIA Wellness Events – September



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	16 Healthy Bones and Joints : 3:30 p.m.	17 Clean Living, Clear Choices: Detoxing for a Healthier Life : 12:00 p.m.	18	19	20/21
22 Preventing Lifting and Back Injuries: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	23	24 Everyday Back Health: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	25 TSG Monthly Cooking Show – Better Breakfast, Better Days : 12:00 p.m.	26	27/28
29	30	Oct 1	2	3	4/5

[Burn Bright, Burn Out Less](#)

[Kitchen Confidence](#)

[On-Demand Mindfulness Program: 21 Day Meditation Challenge](#)

[Life of Mindfulness](#)

Health Education Podcasts:

- [Connect with Your Core](#)
- [Healthy Joint Mobility](#)
- [Upper Body Mobility](#)
- [Maintaining Healthy Hips](#)
- [Mindful Posture](#)

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