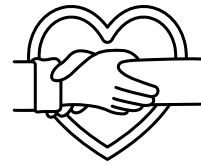


September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <u>Registration opens for Walktober!</u>	15	16 <u>Strong is the New Long: Muscle for Longevity</u> 12:00 p.m. <u>*Recording Available</u>	17	18	19
20	21	Caregiver Support: <u>3:30 p.m.</u>	22	23	24 <u>TSG Cooking Show: Golden Grains & Gentle Gains</u> 12:00 pm <u>*Recording Available</u>	25
26	27	28 Breast Cancer Awareness: <u>8:30 a.m. & 3:45 p.m.</u> *only 15 mins!	29	30 Important Wellness Screenings as We Age: <u>8:30 a.m. & 3:45 p.m.</u> *only 15 minutes!	Oct 1	2
				Walktober Begins!		3

Additional Resources

Podcasts:



- Learn how you can be proactive with your health with Women's Wellbeing Tips.



- Partnering with your PCP can help you receive personalized health care.

Programs:



- Apply to be a NMPSIA Wellness Ambassador!



- Full Body Workplace Stretching Program



- Life on Mindfulness



- Mindful Eating