

# NMPSIA Wellness Events - November



2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 October <a href="#">Healthy and Whole Challenge REGISTRATION</a>	<b>1 November</b> <a href="#">Monthly VitaMin Newsletter</a>	2 <a href="#">Healthy and Whole Challenge Information Session @ 12pm</a>	3 <a href="#">Healthy and Whole Challenge REGISTRATION</a>	4 <a href="#">Healthy and Whole Challenge REGISTRATION</a>	5/6 <a href="#">Healthy and Whole Challenge REGISTRATION</a>
7 <a href="#">Healthy and Whole Challenge REGISTRATION</a>	8 <a href="#">TSG Webinar: Make the Most of Your Break with Time Confetti</a>	9 <a href="#">Cigna Life Connected Seminar: The Power of Gratitude</a>	10 <a href="#">Healthy and Whole Challenge REGISTRATION</a>	11 <a href="#">Healthy and Whole Challenge REGISTRATION</a>	12/13 <a href="#">Healthy and Whole Challenge REGISTRATION</a>
14	15	16 Wellness Wednesday Workshop How to Create a Balanced Life <a href="#">8:00am</a> OR <a href="#">12:00pm</a>	17 <a href="#">TSG Cooking Show: Touchdown Tailgate</a>	18	19/20
21	22	23	24	25	26/27
28 <a href="#">Mindset Monday Mindfulness Eating 11:45am-12:00pm</a>	29 <a href="#">Wellness Webinar Weaving Wellbeing Into Our Lives 3:30-4:15pm</a>	30	1 December	2	3/4
5	6	7	8	9	10/11