

NMPSIA Wellness Events - December



2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
28 November	29	30	1 December Monthly VitaMin Newsletter	2	3/4
5	6	7	8	9	10/11
12	13	14 Wellness Wednesday Workshop Less is More 8:00am OR 12:00pm	15 TSG Cooking Show : Time for Good Mood Foods	16	17/18
19 Mindset Monday Laughter is the Best Medicine 12:00-12:15pm	20 Wellness Webinar Understanding Burnout 3:30-4:15pm	21 TSG Webinar: Authentic Well-being in a Modern World 12-1pm	22	23	24/25
26	27	28	29	30	31/1 January
2	3	4	5	6	7/8