

July 2024

Wellbeing @ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Mind-Body-Skills Group 7:30-9:30am online	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 RSVP deadline for FREE Mental Health First Aid Training - contact Renee Gibson	23	24	25	26	27
28	29	30	31 FREE Mental Health First Aid Training 8:30am-4:30pm Zoom contact Renee Gibson	1	2	3
4	5	Notes				