

# June 2024

## Wellbeing @ACM



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