

# February 2024

Wellbeing @ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12 Are you PLEASED With Your Balance of Well- Being? <b>Zoom/Serenity</b> <b>RM (H58) 2:30-3:30pm</b>	13	14	15	16	17
18	19	20	21	22 Open Discussion on Mental Health <b>Zoom/</b> <b>Serenity RM (H58) 4-5pm</b>	23	24
25	26 Social Security Explained Lunch-N- Learn <b>Welcome</b> <b>Center 12-1pm</b>	27 NMWV Cholesterol /Diabetes screening time tbd	28	29	1	2
3	4					