

January 2025

Wellbeing @ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8 MHFA Training #1 9am-12:30pm - Zoom	9 MHFA Training #2 9am-12:30pm - Zoom	10	11
12	13	14	15	16	17	18
19	20	21 MHFA Training with UPMC 8:30am-4:30pm Zoom	22	23	24	25
26	27	28	29	30	31	1
2	3	Notes				