

January 2024

Wellbeing @ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13 2 Day Mind-Body Wellness Retreat ACM Serenity Room (H58) 9am-5pm
14 2 Day Mind-Body Wellness Retreat ACM Serenity Room (H58) 11am-7pm	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Are You P.L.E.A.S.E.D With Your Balance of Well-Being? Serenity Room (H58) 4pm-5pm	30	31 Mental Health First Aid Training Zoom 8am-4:30pm contact Renee Gibson	1	2	3
4	5	Notes				