

September 2023

Wellbeing @ ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4 FLU Shots available All Month in NMWC Call for Appt	5	6	7	8	9
10	11	12	13	14 Enhanced Supper Club, 7th Day Adventist Church, 5 - 8 pm	15 Record your movement for STEP-tember from 9/1 - 9/15!	16
17	18	19	20	21	22	23
24 Suicide Prevention & Memorial Walk; Rocky Gap; 1 - 3 pm	25	26	27 Mind-Body Skills First Session 2 - 4pm	28	29	30
1	2 Record your movement for STEP-tember from 9/16 - 9/30!	Notes Wellbeing program will provide a \$20 credit for CE Course				

October 2023

Wellbeing @ ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FLU Shots available All Month in NMWC Call for Appt	2 Mind-Body Skills Sessions Begin (2)	3	4 MARYLAND Walk Day	5 Identity Theft Presentation 12 - 1 pm. ; CE-13	6	7
8	9	10 Mental Health First Aid Training: 2 - 5 pm: Contact Renee Gibson	11 Mental Health First Aid Training: 2 - 5 pm: Contact Renee Gibson	12 Enhanced Supper Club, 7th Day Adventist Church, 5 - 8 pm	13	14
15	16	17 Health Education STI; College Center 11 - 1 pm	18 A1C and Cholesterol Screenings @ NMWC from 8 - 12 pm	19 A1C and Cholesterol Screenings @ NMWC from 8 - 12 pm	20	21
22 Condensed Mind-Body Skill Session	23 Condensed Mind-Body Skill Session	24	25	26	27	28
29	30	31	1	2	3	4
5	6	Notes Wellbeing Program provides a \$20 credit for CE course.				

November 2023

Wellbeing @ ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 ZOOM Mental Health training: 8 - 4:30 pm. Contact Renee Gibson	2	3 Financial Serenity: Serenity Room; 12 - 1 pm	4
5	6 FLU Shots available All Month in NMWC Call for Appt	7	8	9 Enhanced Supper Club, 5 pm - 8 pm	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	Notes Wellbeing program provides a \$20 credit for a CE course				