
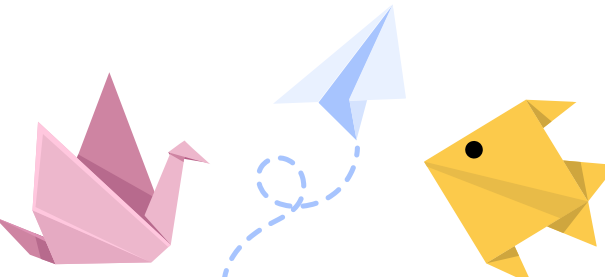



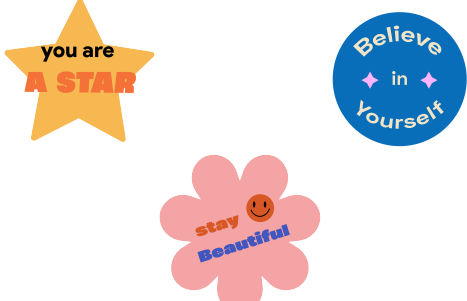
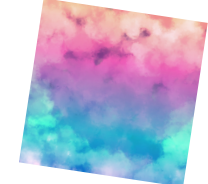
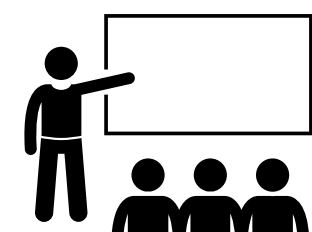



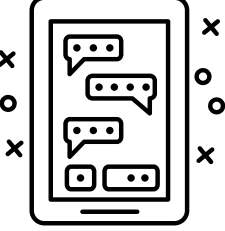


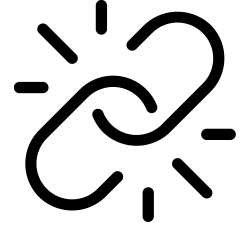
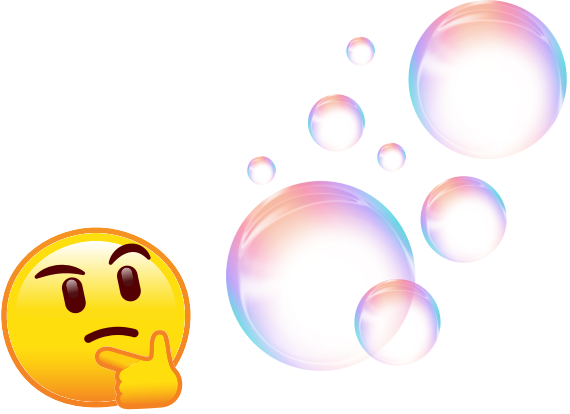






# September

Wellness Calendar


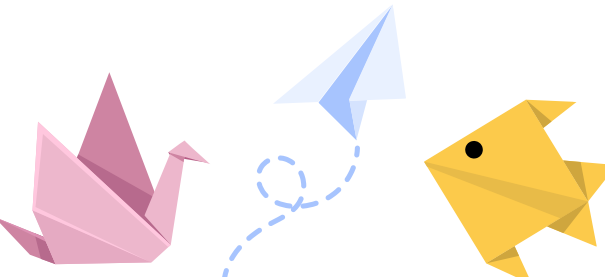




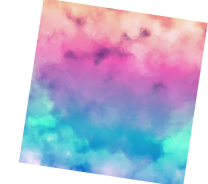
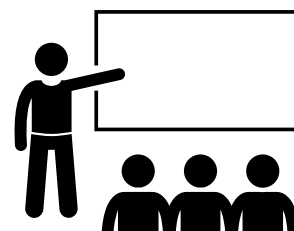



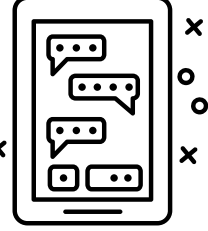


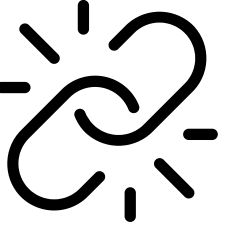





2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. MANDALA COLORING @LUNCH</p> 	<p>3. UNFOLD YOUR THOUGHTS @LUNCH</p> 	<p>4. <i>Wellness Wednesday</i> GROW IT OUT</p> <p><i>Anything is Possible</i></p> 	<p>5. MINDFULNESS WORDSEARCH</p> <pre> MANLJHUTFNLBTI OSLITTAKVWGIQI NIECVVLUCINEKR VISCHIORUQUUQS QKBABBONATALEW KVPANETTONETFK VIUNASTRINNEVE IHREGALIVEUZGJ YANGELQJRNASTX STELLAYXBNASTC ELFOFFBISCOTTI BPIALBEROGAHIX OKDGHIRLANDASK AIPVQKDKKFRENN           </pre>	<p>6. JACKET JUBILEE</p>  <p>1-3PM @QUAD</p>
<p>9. MINDFUL MORNING</p> 	<p>10. AFFIRMATION BAGGIES</p> 	<p>11. <i>Wellness Wednesday</i> INSPIRE YOURSELF</p> 	<p>12. SAFE TALK 8:30AM- 11:30AM</p> 	<p>13. ROCK PAINTING</p> 
<p>16. WE CONNECT</p> 	<p>17. JOURNALING</p>  <p>WELLNESS COMITEE 1 - 3:30PM</p>	<p>18. <i>Wellness Wednesday</i> LETS TALK ABOUT IT</p> 	<p>19. COPING BINGO</p> 	<p>20. GAME DA @QUAD</p> 
<p>23. CONNECT YOUR THOUGHTS</p> 	<p>24. POP YOUR THOUGHTS @QUAD</p> 	<p>25. WELLNESS CENTER</p> <p><b>CLOSED</b></p> <p>VCOE</p> <p><i>Nest Leader training</i></p>	<p>26. WELLNESS CENTER</p> <p><b>CLOSED</b></p> <p>VCOE</p> <p><i>Nest Leader training</i></p>	<p>27. MOVIE SOUL</p>  <p>"CREATING HOPE THROUGH ACTION"</p>
<p>30. MOVIE SOUL</p>  <p>"CREATING HOPE THROUGH ACTION"</p>	<p>This Months Theme </p> <p> <i>Suicide prevention month</i></p> <p>WELLNESS WEDNESDAY'S ACTIVITES WILL BE HELD IN THE QUAD</p>			





LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>2. COLOREAR MANDALAS @ALMUERZO</p> 	<p>3. DESPLEGA TUS PENSAMIENTOS @ALMUERZO</p> 	<p>4. Bienestar Miércoles            CRECERLO  <i>Anything is Possible</i></p> 	<p>5. CONSCIENCIA SOPA DE LETRAS</p> <p>MANLJHUTFNLBTI          OSLITTAKVWGIQI          NJECVVLUICINEKR          VISCCHIORUQUUQS          QKBABBONATALEW          KVPANETTONETFK          VIUNASTRINNEVE          IHRGALIVEUZGJ          YANGELQJRRANTSX          STELLAYXBNASTC          ELFOFFBISCOIT          BPIALBEROGAHIX          OKDCHIIRLANDASK          AIPVQKDKFRENNNA</p>	<p>6. JACKET JUBILEE</p>  <p>1-3PM @PATIO</p>
<p>9. MAÑANA CONSCIENTE</p> 	<p>10. BOLSAS DE AFIRMACIÓN</p> 	<p>11. Bienestar Miércoles            INSPIRATE</p> 	<p>12. HABLA SEGURA CAPACITACIÓN 9:30AM - 11:30AM</p> 	<p>13. PINTURA RUPESTRE</p> 
<p>16. CONECTAMOS</p> 	<p>17. DIARIO            COMITE DDE BIENESTAR 1 - 3:30PM</p> 	<p>18. Bienestar Miércoles            HABLEMOS DE ESO</p> 	<p>19. BINGO DE AFRONTAMIENTO</p> 	<p>20. DÍA DEL JUEGO @PATIO</p> 
<p>23. CONECTA TUS PENSAMIENTOS</p> 	<p>24. EXPLORA TUS PENSAMIENTOS @PATIO</p> 	<p>25. CENTRO DE BIENESTAR</p> <p><b>CLOSED</b>            VCOE  <i>Entrenamiento de Lideres de Nest</i></p>	<p>26. CENTRO DE BIENESTAR</p> <p><b>CLOSED</b>            VCOE  <i>Entrenamiento de Lideres de Nest</i></p>	<p>27. PELICULA SOUL</p>  <p>CREANDO ESPERANZA A TRAVÉS DE LA ACCIÓN"</p>
<p>30. PELICULA SOUL</p>  <p>CREANDO ESPERANZA A TRAVÉS DE LA ACCIÓN"</p>	<p>Tema de este mes </p> <p> MES DE LA PREVENCIÓN DEL SUICIDIO</p> <p>LAS ACTIVIDADES DEL MIÉRCOLES DE BIENESTAR SE REALIZARÁN EN EL PATIO</p>			