

June 2024

Wellbeing @ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6 Mind-Body Skills Group 7:30-9:30am online	7	8
9	10 Mind-Body Skills Group 7:30-9:30am online	11	12	13 Mind-Body Skills Group 7:30-9:30am online	14	15
16	17 Mind-Body Skills Group 7:30-9:30am online	18	19	20 Mind-Body Skills Group 7:30-9:30am online	21	22
23	24 Mind-Body Skills Group 7:30-9:30am online	25	26	27 Mind-Body Skills Group 7:30-9:30am online	28	29
30	1	Notes				