

October 2024

Wellbeing @ACM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	1 MHFA Training - (lunch provided) *MHAMD Lutherville, MD. 9am-5pm	2 MD walk day - ACM track 11:30am-4:30pm	3	4	5	
6	7	8	9	10 Senior Benefits Services Lunch N Learn Welcome Center/Zoom 12-1pm	11	12	
13	14	15	16	17	18 Community Resource Day @ Second Baptist Church 10am-2pm	19	
20	21	22	23	24	25	26	
27	28	29	30	31 Mental Health First Aid Training (virtual with *MHAMD) 9am-4pm	1	2	
3	4	Notes * MHAMD (Mental Health Association of Maryland)					