



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



BETTER SLEEP FOR BETTER HEALTH

Date: May 21, 2024

Time: 3:30 – 4:15 p.m.

[Click Here to Register](#)

We will learn about:

- How much sleep is enough
- Importance of quality sleep
- Common sleep disorders
- Tips and resources for getting better sleep

