



**BlueCross BlueShield
of New Mexico**



**New Mexico
Public Schools
Insurance
Authority**



NMPSIA



Moving Mindfully

Date: Monday, May 20

Time: 8:30 a.m. MST

[Register Here](#)



Date: Monday, May 20

Time: 3:45 p.m. MST

[Register Here](#)



We will learn about:

- Benefits of movement
- Incorporating mindful movement
- How to stay strong and flexible for total physical fitness