



BlueCross BlueShield
of New Mexico



GRATITUDE JOURNALING

Date: Wednesday, October 29

Time: 8:30 a.m.

Location: Virtual

[Click here to register](#)

Date: Wednesday, October 29

Time: 3:45 p.m.

Location: Virtual

[Click here to register](#)

We will learn about:

- What is gratitude journaling
- Benefits of journaling
- Benefits of gratitude

