



BlueCross BlueShield
of New Mexico



SHIFT TO POSITIVE THINKING

Date: Monday, October 28

Time: 8:30 a.m.

Location: Virtual

[Click here to register](#)

Date: Monday, October 28

Time: 3:45 p.m.

Location: Virtual

[Click here to register](#)

We will learn about:

- How to shift your thinking
- Benefits of positive thinking
- Ways to think in more positive way

