

Mindset Monday

*A New Monthly Series!

Bring a Snack!



Eating Mindfully

Learn what mindfulness is and is not, how eating mindfully can help weight loss, overall benefits of mindfulness and join in a short mindful eating practice.

Monday, March 27

11:30am-12:00pm

Virtual: [Click here to register](#) or scan

*Recording will be available for on-demand viewing



Join Kathryn Hull from BCBSNM for this Presentation. Open to all NMPSIA Employees.

