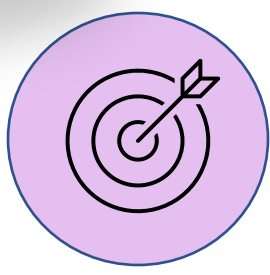




# *Wellness Wednesday*

\* A new monthly series!

## How to Create a Balanced Life



Dimensions of Balanced Life

Your Target Dimensions

Develop Strategies

**Wednesday, November 16**

8:00 am

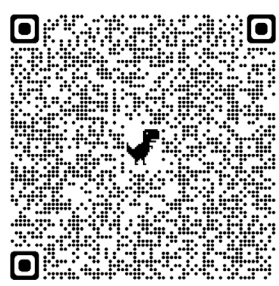
12:00 pm

8:00am: [link to register](#)

webinar code

webinar code

12:00pm: [link to register](#)



\*15-25 minutes

\*Recording will be available



Join BCBS Wellness Coordinator, Kathryn Hull  
All NMPSIA Employees Welcome