

Mindset Monday

*A New Monthly Series!

Bring a Snack!



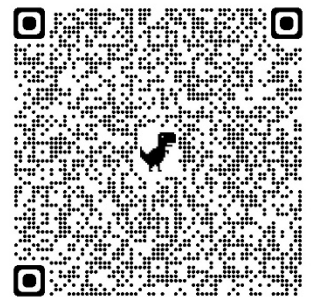
Mindfulness Eating

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

Monday, November 28

11:45am -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.

