

Mindset



New Mexico
Public Schools
Insurance
Authority

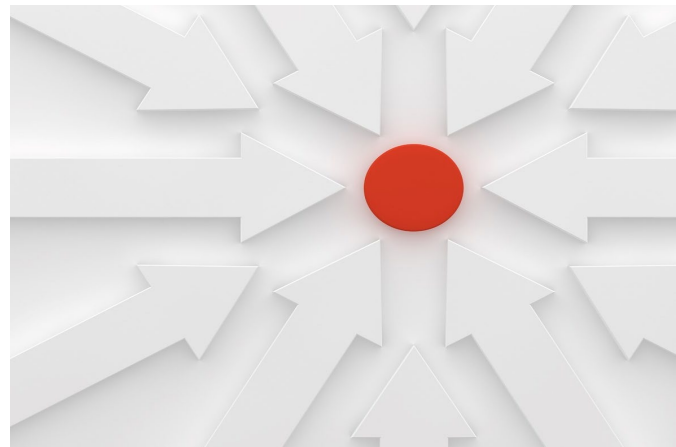


Monday

A New Monthly Series!*

Strategies to Achieve Goals

Learn why Spring is the ideal time of year to set new goals around the Dimensions of Wellness. We will dive into each aspect of SMART (Specific, Measurable, Action-Oriented, Realistic and Timely) goal setting and how to apply the process to your goals so it fits your lifestyle for a lifetime.



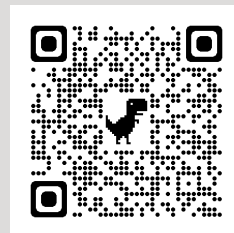
Open to All NMPSIA Employees

Monday, April 24

11:15am - 11:30am

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

Join Kathryn Hull, Wellness Coordinator
Blue Cross and Blue Shield of New Mexico



*Recording will be available for on-demand viewing