

# Mindset Monday



New Mexico  
Public Schools  
Insurance  
Authority



**NMPSIA**

**Open to All NMPSIA  
Employees**

## Moving Mindfully

**Join us as we discuss the benefits of moving mindfully as well as ways to incorporate mindfulness into your movement**

**Monday, June 26  
11:45am -12:00pm**

**[Register Here](#)**

**Recorded for on-demand viewing**



**Join BCBSNM Wellness Coordinator  
Kathryn Hull**