

# Mindset Monday

\*A New Monthly Series!



## Muscle Mobilization

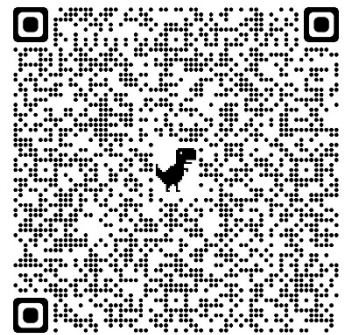
*Learn why our muscles become tight, how to mobilize them to increase range of motion and join us for quick desk/chair mobilization routine*

**Monday, October 24**

11:30 -11:45am

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.

