



Wellness Wednesday

* A new monthly series!

Strong Bodies, No Equipment



Why Strength Train?



Recommendations



Join in a 5-Minute Session

Wednesday, October 19

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

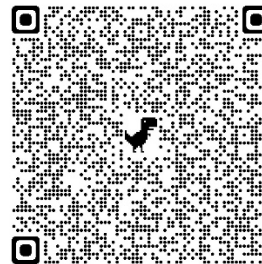
12:00pm: [link to register](#)

*15-20 minutes

*Recording will be available

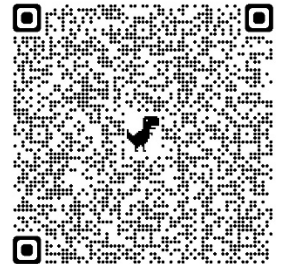
8:00 am

webinar code



12:00 pm

webinar code



Join BCBS Wellness Coordinator, Kathryn Hull

All NMPSIA Employees Welcome