



BlueCross
BlueShield



Weaving WellBeing into Our Lives

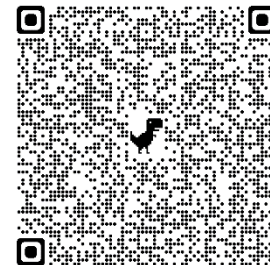
Please
Join Us!

This presentation will look at the 5 essential elements of wellbeing and how important it is to have balance in all 5 areas. We will outline the personal characteristics important for each element and provide tips and techniques on how to balance them in your personal life by identifying what is holding you back between knowing and doing.

Tuesday, November 29

3:30pm-5:15pm

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



*Don't miss out! Due to the proprietary material this webinar will not be recorded.

Join Kathryn Hull from BCBSNM for this Presentation.

Open to all NMPSIA Employees.