



BlueCross BlueShield
of New Mexico



EMPATHY AND POSITIVE MENTAL HEALTH

Date: September 25, 2024

Time: 8:30 – 8:45 a.m.

Location: Virtual

[Register Here](#)



Date: September 25, 2024

Time: 3:45 – 4:00 p.m.

Location: Virtual

[Register Here](#)



We will learn about:

- What is empathy
- Self-Care for Mental Health
- Mental Health tips and resources