



BlueCross BlueShield
of New Mexico

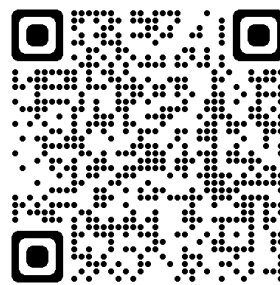


Healthy Holiday Eating Open to All NMPSIA Employees!

Date: November 21, 2023

Time: 4:00pm MT

[Register Here](#)



We will learn about:

- Tips for wisely choosing healthier holiday and party foods
- Preparing mindful meals with suggested serving sizes
- Healthier variations for popular holiday meals and beverages
- Tips on how to stretch your holiday food budget