

# Mindset Monday

Open to  
All NMPSIA Employees!

## Laughter is the Best Medicine

Join as we discuss the benefits of laughter, share tips for adding laughter to our days and hopefully engage in some good ole chuckles.

Monday, October 30

12:45-1:00pm

[Register Here](#)



Join BCBSNM  
Wellness Coordinator  
Kathryn Hull

