



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



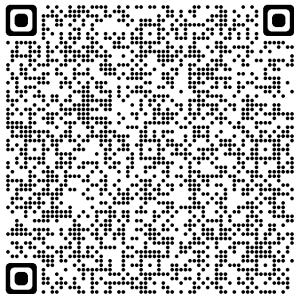
NMPSIA



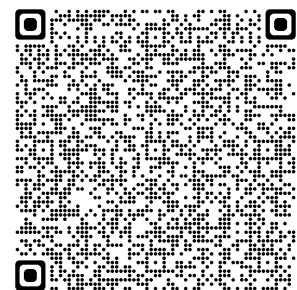
BETTER SLEEP FOR BETTER HEALTH OPEN TO ALL NMPSIA EMPLOYEES

February 28, 2024

[Register Here](#)
[8:30AM-8:45AM MT](#)



[Register Here](#)
[3:45-4:00PM MT](#)



We will learn about:

- How much sleep is enough
- Importance of quality sleep
- Common sleep disorders
- Tips and resources for getting better sleep