



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



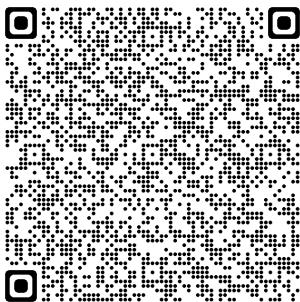
NMPSIA



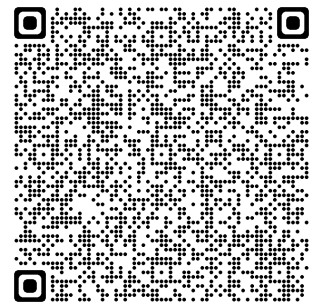
STRESS LESS; LIVE MORE WEBINAR OPEN TO ALL NMPSIA EMPLOYEES

Date: February 26, 2024

8:30 – 8:45AM
[Register Here](#)



3:45 – 4:00PM MT
[Register Here](#)



We will learn about:

- Causes of stress
- Effects of stress
- Stress management tips and techniques