



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA

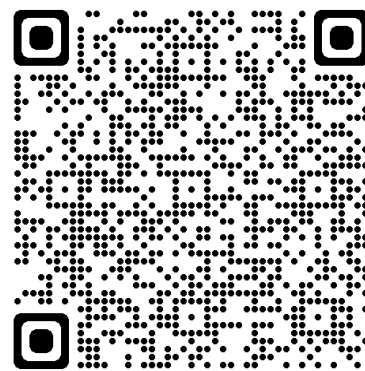


RESILIENCE: RISING STRONG OPEN TO ALL NMPSIA EMPLOYEES

Date: Tuesday, April 16, 2024

Time: 3:30 – 4:15 p.m.

[Registration Link:](#)



We will learn about:

- What is resilience
- How does resilience differ from stress management
- What does resilience allow us to do
- Steps you can take to build resilience