



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



SPRING "NEW YEARS" RESOLUTIONS OPEN TO ALL NMPSIA EMPLOYEES

Date: Monday, April 29

Time: 8:30 a.m. MST

[Register Here](#)



Date: Monday, April 29

Time: 3:45 p.m. MST

[Register Here](#)



We will learn about:

- Top four health resolutions made each year
- How to set achievable goals
- Helpful tips for becoming more physically active, eating healthier, quitting tobacco use, and reducing your stress