



The New Mexico Public Schools Insurance Authority (NMPSIA)
PRESENTS *the May Wellness Webinar*

MINDFULNESS-BASED STRESS REDUCTION

Find Your Peace



Tuesday, May 11, 2021, 3:30 PM -4:30 PM

REGISTER HERE:

<https://zoom.us/meeting/register/tJlldeqopjsrEtPujruonBWEQXn3Nlu1s0zj>



Jose Maresma, MS, has been practicing physiology for over 30 years. He's a ACSM certified clinical exercise physiologist, MBSR & Unified Mindfulness Certified educator, Clinical Weight Loss Specialist, and Heart Rate Training Specialist. His background is in optimizing human performance in a Holistic Systems approach. Over his career he has worked with The Olympic Training Center, US Ski Team, USA Soccer, NFL, NBA, NHL, and Major League Baseball, Major League Soccer, and over 150 Division 1 College athletic programs. His focus shifted to well-being 15 years ago as he discovered the most demanding sport one can participate in is LIFE.

Can't make the webinar? No problem.

All registrants will receive a recording of the webinar sent to their email.



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