

Mindset *Monday*

*A New Monthly Series!



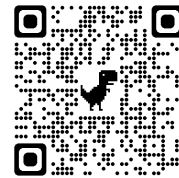
Non-Sleep Deep Rest (NSDR)

Learn what NSDR is and its benefits, join in a short 5-minute practice and leave with some valuable resources to utilize on your own.

Monday, February 27

12:30 - 12:45pm

Virtual: Click [here to register](#) or scan



*Recording will be available for on-demand viewing

Join Kathryn Hull from BCBSNM for this Presentation. Open to all NMPSIA Employees.

