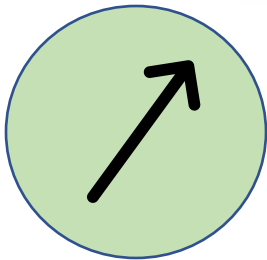




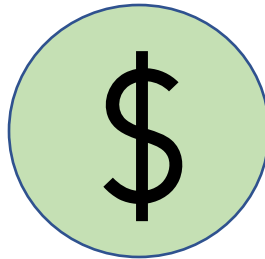
Wellness Wednesday Workshop

* A new monthly series!

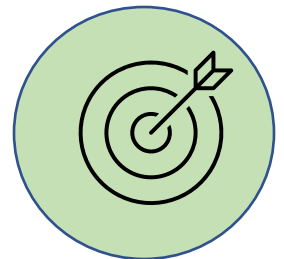
Nutrition on a Budget



Drivers of Inflation



Tips to Reduce Costs



Develop Food Budget Goals

Wednesday, March 22

8:00am: [link to register](#)

12:00pm: [link to register](#)

*15-25 minutes

*Recording will be available

8:00 am

webinar code



12:00 pm

webinar code



Join BCBS Wellness Coordinator, Kathryn Hull

All NMPSIA Employees Welcome