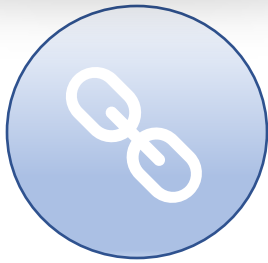




# Wellness Wednesday Workshop

\*New Monthly Series

## Sleep and the Heart Connection



Links with Chronic  
Disease



Research Data



Good Sleep Hygiene

Wednesday, February 15

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 NMPISA Employees Welcome