



New Mexico
Public Schools
Insurance
Authority



NMPSIA

Wellness Wednesday

Empathy and Positive Mental Health

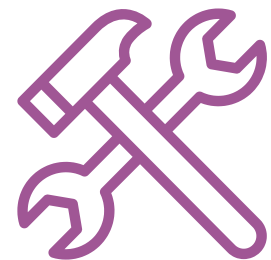
Open to All NMPSIA Employees



What is Empathy?



Health Benefits



Empathy Building Skills

Wednesday May 24th

8AM or 12PM

*15-25 minutes

[Register Here](#)

Recorded for on demand viewing



Join BCBSNM Wellness Coordinator
Kathryn Hull