

Wellness Wednesday

A New Monthly Series*

How to Create a Balanced Life

We will discuss what the dimensions of a balanced life are, how to identify your target dimensions and help you develop strategies to balance your life.



Dimensions of
Balanced Life



Your Target
Dimensions



Develop
Strategies

Open to All NMPSIA Employees

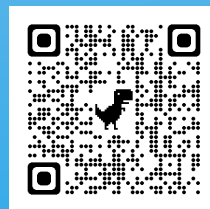
Wednesday, April 26

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

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

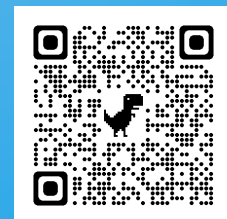
8:00 am

Webinar Code



12:00 pm

Webinar Code



*Recording will be available