

Mindset Monday



New Mexico
Public Schools
Insurance
Authority



NMPSIA

**Open to
All NMPSIA Employees !**

Align Your Self-Care with Autumn

Adjusting your routines to align with the fall season can be a wonderful way to embrace the changing weather and harness the benefits of nature's rhythm. Learn to explore how you can adjust your routines surrounding the dimensions of wellness to align with autumn.

Monday, September 25

12:30-12:45pm

Register Here



**Join BCBSNM Wellness Coordinator
Kathryn Hull, CPT-NSCA**