



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



EVERYDAY BACK HEALTH

Date: Wednesday, April 29

Time: 8:30 a.m.

[Register Here](#)



Date: Wednesday, April 29

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- The definition of back pain
- Risk factors relating to back pain
- Tips for maintaining a healthy back
- Proper lifting techniques
- Ergonomics with sitting, standing, and driving
- Stretching exercises and relaxation techniques