



BlueCross BlueShield
of New Mexico



HEALTHY BONES AND JOINTS

Date: Monday, April 27

Time: 8:30 a.m.

[Register Here](#)



Date: Monday, April 27

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- Ergonomics and Musculoskeletal Disorders (MSDs)
- Symptoms of MSDs and risk factors
- Tips and stretching techniques for prevention and improvement