



BlueCross BlueShield
of New Mexico



The Power of Prevention

Date: Wednesday, March 25

Time: 8:30 a.m.

[Register Here](#)



Date: Wednesday, March 25

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- When to have appropriate screenings and immunizations
- Common health concerns for men and women
- Cholesterol and blood pressure – know your numbers
- Wellness tips and resources to help you stay healthy at any age