



**BlueCross BlueShield
of New Mexico**



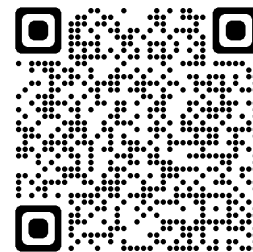
The Power of Preventive Health Care Webinar Open to all NMPSIA Employees!

Date: Monday January 22, 2024

Time: 4:00 – 4:30pm MT

Location: Virtual

Registration [HERE](#) or scan



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