



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA

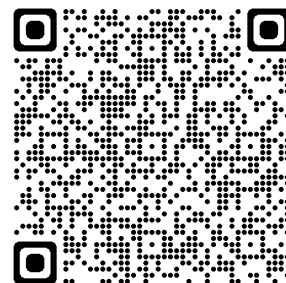


DITCH THE DIET: INTRO TO INTUITIVE EATING WEBINAR OPEN TO ALL NMPSIA EMPLOYEES

Date: Monday, March 18, 2024

Time: 4:00pm MST

Register [HERE](#)



We will learn about:

- The principles of intuitive eating
- How to honor your hunger and listen to your body
- Knowing your triggers