



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA

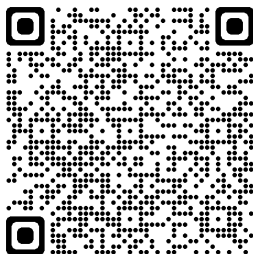


Trending in Nutrition Webinar Open to All NMPSIA Employees

Date: Monday, March 25, 2024

Time: 8:30am MST

Registration [HERE](#)

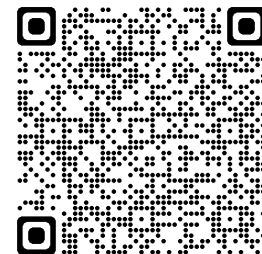


OR

Date: Monday, March 25, 2024

Time: 3:45pm MST

Registration [HERE](#)



We will learn about:

- Basics of dieting
- Importance of good nutrition
- Information on popular nutrition trends
- Keys to maintaining a healthy weight