



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



How to Create a Balanced Life Open to all NMPSIA Employees

Date: Wednesday, April 24

Time: 8:30 a.m. MST

[Register Here](#)



Date: Wednesday, April 24

Time: 3:45 p.m. MST

[Register Here](#)



We will learn about:

- The five essential elements of wellbeing: career, social, financial, physical, and community
- How to measure wellbeing
- Tips for boosting each element to help you thrive