Wellness Wednesday Workshop Strong Habits = Strong Brains

Open to all NMPSIA Employees!

Creating habits that improve brain functioning can have a positive impact on cognitive abilities, memory and overall well-being. We will discuss several research - backed methods you can use to cultivate these habits into your life.

Wednesday September 27
8AM or 12PM
*15-20 mins
Register Here





Join Kathryn Hull BCBSNM Wellness Coordinator