

NMPSIA Wellness Events – August



2025

Programs Available all Month Long

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
				1	2/3
4	5	6	7	8	9/10
11	12	13	14	15	16/17
18	19 Metabolic Syndrome : 3:30 p.m. Podcast: Metabolic Syndrome	20 Green Thumbs, Healthy Lives : 12:00 p.m.	21	22	23/24
25 Sun Safety: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN	26	27 Hydration and Exercise: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN Podcast: Hydration Basics	28 TSG Monthly Cooking Show – Sweet Heat Shrimp Tacos with a Tropical Twist : 12:00 p.m.	29	30/31

[Wellness Ambassador Application](#)

[Kitchen Confidence](#)

[On-Demand Mindfulness Program: 21 Day Meditation Challenge](#)

[Life of Mindfulness](#)

BCBS Members:
[Virtual Checkup Home Kit](#)

Time for Your Health Assessment:

[Well on Target Assessment](#)

[Wellness at Work Rewards](#)

*If you cannot attend a webinar, please listen to a podcast similar to the presentation