



**BlueCross BlueShield
of New Mexico**

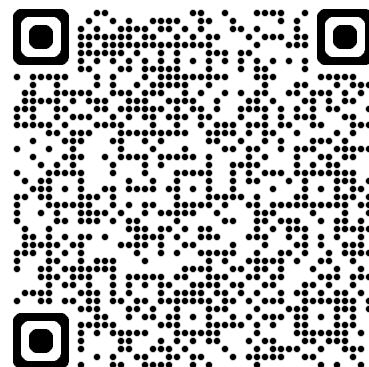


METABOLIC SYNDROME

Date: August 19, 2025

Time: 3:30 p.m.

[Register Here](#)



We will learn about:

- What is Metabolic Syndrome
- Causes and risk factors
- Tips on lifestyle changes to improve your health and help reduce your risk