



BlueCross BlueShield
of New Mexico



NEW YEAR, NEW YOU

Date: Wednesday, January 28

Time: 8:30 a.m.*

[Register Here:](#)

*Only 15 Minutes



Date: Wednesday, January 28

Time: 3:45 p.m.*

[Register Here:](#)



We will learn about:

- Top four health resolutions made each year
- How to set achievable goals
- Helpful tips for becoming more physically active, eating healthier, quitting tobacco use, and reducing your stress