



BlueCross BlueShield
of New Mexico



Weaving Wellbeing into Our Lives

Date: Monday, January 26

Time: 8:30 a.m.*

[Register Here:](#)

*Only 15 Minutes!



Date: Monday, January 26

Time: 3:45 p.m.*

[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