

NMPSIA Wellness Events – July



2025

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
	1	2	<u>3</u>	4	5/6
7	8	9	10	11	12/13
14 =	15	16 Brains in Bloom: 12 p.m. Podcast: Brain Health	17	18	19/20
21	22 How to Be a Savvy Health Care Consumer: 3:30 p.m.	23	24 TSG Monthly Cooking Show – Berry Bliss: Sweet and Simple Blueberry Creations: 2:00 p.m.	25	26/27
28 Fighting Inflammation: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN Podcast: Fighting Inflammation	29	30 Power of Preventative Care Webinar: 8:30 a.m. or 3:45 p.m. ONLY 15 MIN Podcast: Partnering with Your PCP	31	August 1	2

Programs Available all Month Long

[Wellness Ambassador Application](#)

[Kitchen Confidence](#)

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

[Life of Mindfulness](#)

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

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