

PASSIONATE ABOUT HEALTH & WELLNESS?

Apply to be a NMPSIA Wellness Ambassador today!



NMPSIA Wellness Ambassadors are:

- Employee volunteers who share their passion, motivation, and contribute to meaningful worksite/department/school-wide wellness initiatives
- Advocates for healthy living, no matter where they are in their personal health journeys
- Inspiration to others and are positive role models for health and well-being
- Comfortable promoting wellness programs

Requirements:

- Attend Wellness Ambassadors quarterly Zoom meetings
- Have permission to become wellness ambassador from supervisor, district and/or school administration.

Perks:

- Access to wellness experts, including dietitians, health coaches, and exercise physiologists
- 1st chance to register for wellness programs
- T-shirt for new NMPSIA Wellness Ambassadors

**All current NMPSIA Wellness Ambassadors will need to reapply.*

Free Wellness Programming for Your School!

Contact NMPSIA Wellness with any questions at NMPSIA.Wellness@psia.nm.gov

APPLY NOW **For the 25-26 School Year**

<https://www.surveymonkey.com/r/NMPSIAwa2526>



**New Mexico
Public Schools
Insurance
Authority**



**NMPSIA
Wellness**

The New Mexico Public Schools Insurance Authority (NMPSIA) provides these programs at no additional cost to school employees covered through NMPSIA.