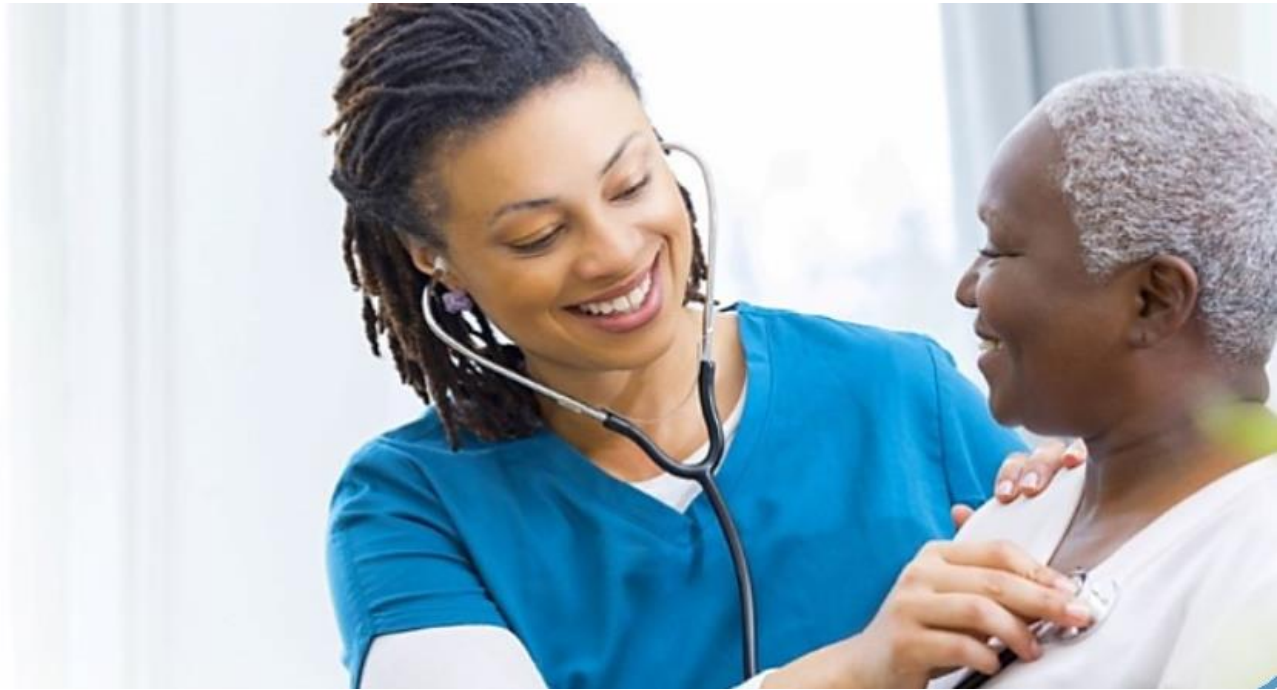




BlueCross BlueShield
of New Mexico



The Power of Preventive Health Care

Date: Wednesday, July 30, 2025

Time: 8:30 a.m.

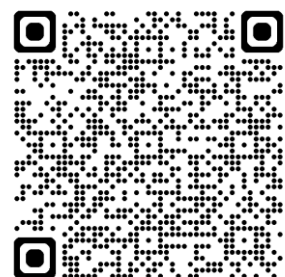
[Register Here](#)



Date: Wednesday, July 30, 2025

Time: 8:30 a.m.

[Register Here](#)



We will learn about:

- When to have appropriate screenings and immunizations
- Common health concerns for men and women
- Cholesterol and blood pressure – know your numbers
- Wellness tips and resources to help you stay healthy at any age