



**BlueCross BlueShield
of New Mexico**



HEALTHY BONES AND JOINTS

Date: September 16, 2025

Time: 3:30 – 4:00 p.m.

[Register Here](#)



We will learn about:

- Ergonomics and Musculoskeletal Disorders (MSDs)
- Symptoms of MSDs and risk factors
- Tips and stretching techniques for prevention and improvement