



**BlueCross BlueShield
of New Mexico**



Preventing Lifting and Back Injuries

Date: September 26, 2025

Time: 8:30 a.m.

[Register Here](#)

Date: September 26, 2025

Time: 3:45 p.m.

[Register Here](#)



We will learn about:

- Strategies to take care of your back and reduce injuries
- Review the spine
- The causes of back injuries
- Tips for prevention and lifestyle improvement