



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



Important Wellness Screenings As We Age

Date: September 30

Time: 8:30 a.m.

[Register Here](#)

***Only 15 Mins!**



Date: September 30

Time: 3:45 p.m.

[Register Here](#)

***Only 15 Mins!**



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