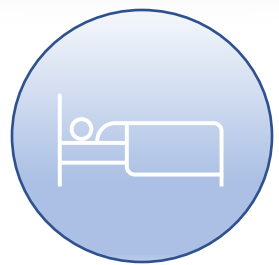




# *Wellness Wednesday Workshop*

**\*New Monthly Series**

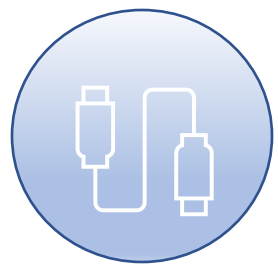
## **No Resolutions – Try These 3R’s Instead**



**Rest**



**Reflect**



**Recharge**

**Wednesday, January 18**

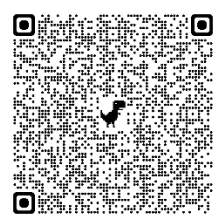
**8:00am: [link to register](#)**

**12:00pm: [link to register](#)**

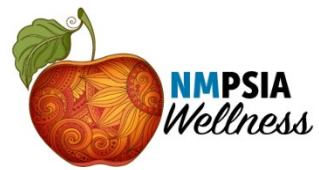
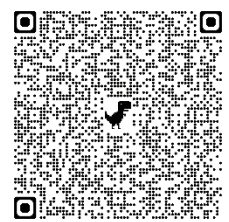
\*15-25 minutes

\*Recording will be available

**8:00 am**  
webinar code



**12:00 pm**  
webinar code



Join BCBS Wellness Coordinator, Kathryn Hull  
All NMPSIA Employees Welcome