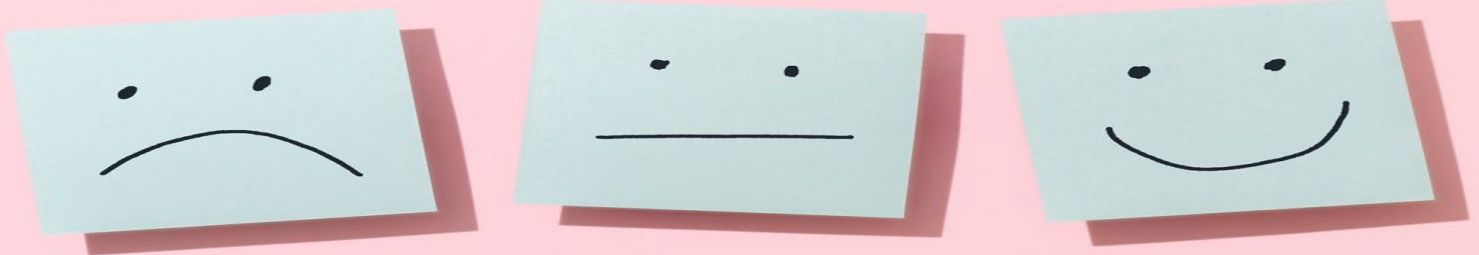


# Mindset Monday

\*A New Monthly Series!

## Shift to Positive Thinking

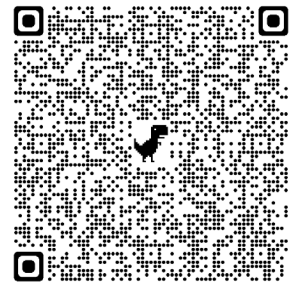


*Join us as we discuss the benefits of positive thinking and how to shift our pervasive negative thoughts into a mentality of optimism.*

**Monday, January 30**

12:00pm -12:15pm

Virtual: [Click here to register](#) or scan



\*Recording will be available for on-demand viewing

Join Kathryn Hull from BCBSNM for this Presentation. Open to all NMPSIA Employees.

