



The New Mexico Public Schools Insurance Authority (NMPSIA)  
PRESENTS *the February Wellness Webinar*



Have you been seeking the Unicorn known as Work Life Balance? But does it seem like you keep chasing and never actually achieving a sense of peace, connection, and satisfaction? Have you ever been trained on how to create the Life Experience you truly want? Please join us where we explore what Work-Life Balance really is and how to apply real actionable ways to cultivate greater connection and direction with your personal Extraordinary Life Experience using the latest in performance science, neuro-biology and positive psychology.

**Tuesday, February 9, 2021, 3:30 PM**

**REGISTER HERE:**

<https://zoom.us/meeting/register/tJlIdqopjsrEtPujruonBWEQXn3Nlu1s0zj>



**Jose Maresma, MS**

has been practicing exercise physiologist for over 30 years. He is an ACSM certified clinical exercise physiologist, MBSR & Unified Mindfulness Certified educator, Clinical Weight Loss Specialist, and Heart Rate Training Specialist. His background is in optimizing human performance in a Holistic Systems approach. Over his career he has worked with The Olympic Training Center, US Ski Team, USA Soccer, NFL, NBA, NHL, and Major League Baseball, Major League Soccer, and over 150 Division I College athletic programs. His focus shifted to well-being 15 years ago as he discovered the most demanding sport one can participate in is LIFE.

**Can't make the webinar? No problem.**

All registrants will receive a recording of the webinar sent to their email.



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