

Healthy Bones & Joints Musculoskeletal Health

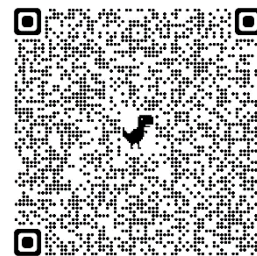
*Please
Join Us!*

We will discuss why proper ergonomics is important, what MSK disorders are along with their symptoms and risk factors. We will wrap up with helpful prevention and lifestyle improvement tips you can utilize immediately.

Tuesday, October 18

3:30pm-4:15pm

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



*Don't miss out! Due to the proprietary material this webinar will not be recorded.

Join Kathryn Hull from BCBSNM for this Presentation.

Open to all NMPSIA Employees.