

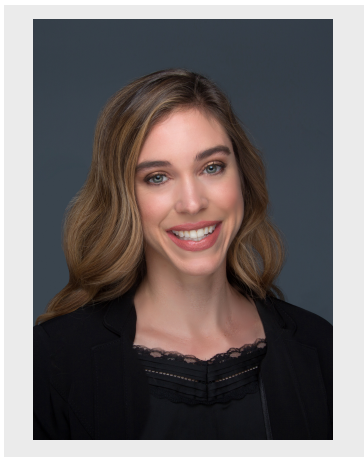


The New Mexico Public Schools Insurance Authority (NMPSIA)  
PRESENTS **the October Wellness Webinar**



# Maintaining a Healthy Lifestyle

When it comes to maintaining a healthy lifestyle, you probably think of eating a well-balanced diet and getting plenty of physical activity. And you'd be right--but in this webinar, we'll go beyond the basics and discuss strategies in addition to nutrition and exercise. We'll explore tactics to manage your screen time, the importance of addressing emotions, how to get a good night's rest, and fostering meaningful social connections.



**Tuesday, October 12, 2021, 3:30-4:30 PM**

**ZOOM LINK:**

<https://phs-org-corp.zoom.us/meeting/register/tJlIdeqopjsrEtPujruonBWEQXn3Nlu1s0zj>

**Paige Kinucan, TSG Program Manager**

Paige's passion lies in striving to find balance in health & happiness, and in helping others pursue their own health journey. A longtime New Mexico resident, Paige is proud to call Albuquerque home & deeply appreciates the people, land and cultures of the Southwest.

She received her Bachelor's degree in Exercise Science and Master's degree in Human Nutrition & Functional Medicine, but considers herself a lifelong student in the field of well-being. She is constantly learning from her colleagues and community, and can't wait to share and learn more along with you!

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

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



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