

Wise and Well Health Fair

Event schedule includes:

- **Keynote presentations on the Happiness Effect and Enhancing Cognitive Health at Any Age**
- **Breakout sessions on falls prevention, SilverSneakers, weight management, dental care**
- **Blood pressure monitoring, diabetes education, personal health assessments**
- **Giveaways, door prizes and more!**



June 21
Smith Brasher Hall
CNM Main Campus

717 University Blvd. SE
9:30 a.m.-1 p.m.
Doors open at 8:30 a.m.
Parking on the south lot



The Retiree Health Care Authority, Blue Cross Blue Shield of New Mexico, Humana, Presbyterian Health Plan and UnitedHealthcare have joined forces to promote the NMRHCA Wise and Well program with this free event for our retirees.

Call NMRHCA at 1-800-233-2576
for more information

NMRHCA Wise and Well Event

Door prizes include:

- Albuquerque Isotopes tickets
- UNM football tickets
- Fold-out camping chair
- Fitbit watch
- Free 12-week class at Oasis
- Sonic Electric Toothbrush

Interested in attending? You can use the following link to sign in:

<https://tsg-scheduling.as.me/NMRHCA-06-21-2019>

We will send you a reminder of the event as it draws closer.

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