

Blue Cross Blue Shield of New Mexico and the New Mexico Retiree Health Care Authority present:

Wellbeing Coffee Talk

*with Marlene Mier
M. Ed, ACC, CHES
BCBSNM Wellness Coordinator*

Grab your coffee (or beverage of choice) and log on!

Join Marlene every third Wednesday of each month for a 30-minute virtual chat on your physical and emotional wellbeing. The initial Coffee Talk is February 17 from 10-10:30 a.m., and the topic is Health — It's Personal: We'll focus on writing a new story in our health journeys and talk about why it's so hard to change something. Go to: <https://global.gotomeeting.com/join/820118789> to join the meeting or call 1-646-749-3122, access code 820-118-789.



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