

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

# Wellbeing Coffee Talk

with Marlene Mier  
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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. Our next Coffee Talk is May 19th from 10-10:30 a.m., and the topic is "Staying connected while being apart." Join us as we discuss how social isolation is impacting our health and what we can do about it. To join the meeting go to

<https://global.gotomeeting.com/join/922514725> or call 1 (312) 757-3121, Access

Code 922-514-725.



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