

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. Our next Coffee Talk is June 16th from 10-10:30 a.m., and the topic is Emerging Forward Healthier. Now that things are beginning to open-up, how can we emerge healthier? Go to: <https://global.gotomeeting.com/join/139789173> to join the meeting or call 1-646-749-3122, access code 139-789-173.



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