

Mindset Monday



*A New Monthly Series!



Non-Sleep Deep Rest (NSDR)

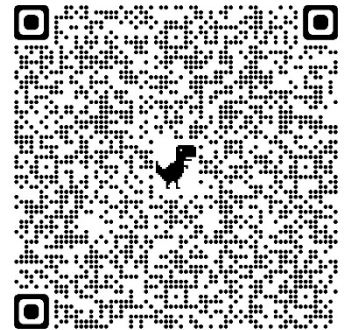
Learn what NSDR is and its benefits, join in a short 5-minute practice and leave with some valuable resources to utilize on your own.

Monday, September 26

11:15 -11:30am

Virtual: Click [here to register](#) or scan

*[Recording will be available for on-demand viewing](#)



**Join Kathryn Hull from BCBSNM for this Presentation.
Open to all State of New Mexico Retirees.**