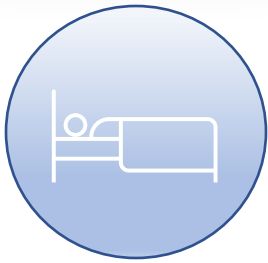




Wellness Wednesday Workshop

***New Monthly Series**

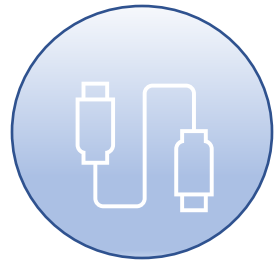
No Resolutions – Try These 3R's Instead



Rest



Reflect



Recharge

Wednesday, January 18

8:00am: [link to register](#)

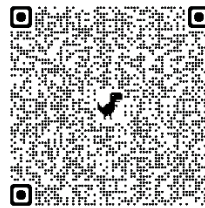
12:00pm: [link to register](#)

*15-25 minutes

*Recording will be available

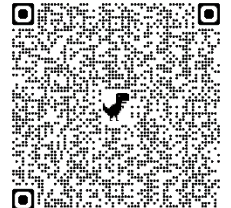
8:00 am

webinar code



12:00 pm

webinar code



Join BCBS Wellness Coordinator, Kathryn Hull

All NMRHCA Retirees Welcome