



New Mexico Retiree Health Care Authority

Welcome to the January 2023 edition of the NMRHCA Wise and Well Newsletter! We've included an article on "How to Lose Weight Without Dieting." Join us for our January cook along. February Book Club details below! Join Kathryn Hull from BCBS for a Wellness Wednesday Workshop, new balance series, and more. Stay up to date on all wellness activities on NMRHCA.org website.



[Click here for the article on "How to Lose Weight Without Dieting"](#)

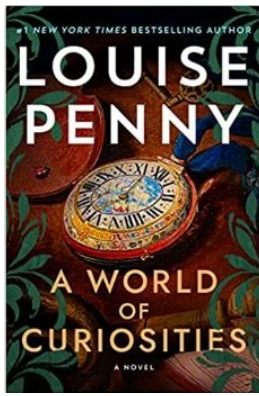
What other NMRHCA Members are saying about our wellness programs.

"All programs were very good, helpful, and informative."

"Ana and cooking segment is always excellent."

"All of the information was useful and I started a vision for my own well-being using what I learned!"

Upcoming Wellness Events



February Book Club

Join us every Friday at 9:30 a.m. in February for the first book club of the year! Limited to the first 125. Book is included!

[Click HERE to register!](#)

After registering you will receive confirmation from zoom



January Cook along

After the holiday hustle and bustle, it's oh-so-easy to let these recipes do the work! You can count on a single pot or slow cooker to take on the bulk of the preparation by embracing a short, nourishing ingredients list. Simple doesn't have to mean bland, however—these stress-free staples will have you reaching for seconds.

Join us on **January 10 at 10am** for our first cook along of the year!

[Click HERE to register!](#)



Balance and Agility at any age

Join Kathryn Hull for a 20-minute exercise session followed by Q&A. Exercises are modified to meet all fitness levels. First class will be **January 12**. Join when you can. Sessions will be recorded for on-demand viewing.

[Click HERE to register.](#)



Positive Thinking Webinar

Join Kathryn Hull, on **Monday, January 30** as she discusses the benefits of positive thinking and how to shift pervasive negative thoughts.



Financial Wellness Webinar

Join Kathryn Hull on **Tuesday January 24 from 3:30-4:30pm** and Certified NWI Financial Wellness Facilitator, as they present the Foundation for



Wellness Wednesday Workshop

No Resolutions? Try these 3R's instead. Rest, Reflect, Recharge

Wednesday January 18

[Click here to](#)

[Click here to register.](#)

Financial Wellness'/National Wellness Institute's "Living Financially Well" webinar. You will be provided worksheets and information to further engage in free, no strings attached, 1:1 financial counseling with the Foundation for Financial Wellness.

[register for 8:00 am](#)

[Click here to register for 12:00 pm](#)

[Click here to register.](#)

Interested in more Wellness? Try out some of these other programs

LIFE IN MINDFULNESS- Online platform that gives users a clear and dynamic roadmap toward a life of greater health, well-being, and a lot less stress through mindfulness. [Click here](#) to learn more

MONTHLY WEBINAR/PODCAST - Each month is a new topic. Don't miss out. Some of the topics include, blood pressure basics, gut health, vitamin D and even a grocery store tour. To listen, [Click Here](#)

KITCHEN CONFIDENCE- What's cooking? Your new kitchen skills! Sometimes the kitchen can be a daunting place, but Wellness is here to help! Join us for Kitchen Confidence, a four-week email series designed for home cooks ready to take it to the next level. New to the kitchen or just looking for inspiration? Kitchen Confidence is for you. Upon registration you will receive the first week's email so that you can begin learning and cooking right away! These themed emails will include video demonstrations, recipes, a challenge, practical tips and resources that will inspire you to improve your kitchen skills for feeding yourself and your family well. [CLICK HERE](#) to register.

30 WAYS TO WELL-BEING- focuses on small daily actions - not outcomes - to reduce stress and anxiety. Making one small, daily change to your mindset can be the inspiration you need to move forward in these unsettling times. Each day you'll receive an email with a helpful, short resources to help you set your intention, learn a new technique or build a helpful habit. Start any time and receive 30 days of tips in a row. [CLICK HERE](#) to register.

Free Health Benefit for Diabetes



Livongo for Diabetes: A Health Benefit at No Cost That Helps Make Living with Diabetes Easier

Who can join: The program is offered to members and dependent spouses/domestic partners with diabetes and coverage through an NMRHCA Pre-Medicare Plan.

What you get:

- Connected Meter: Automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- Support from Coaches When You Need It: Communicate with a coach anytime about diabetes questions on nutrition or lifestyle changes.
- Unlimited Strips at No Cost to You: When you are about to run out, we ship more supplies, right to your door.

Enroll today: [Click here](#) or call (800) 945-4355 and use registration code NMRHCA.

Additional Wellness Programs-
BCBS Members

Additional Wellness Programs-
United Healthcare

NM Retiree Healthcare Authority

6300 Jefferson St NE Suite 150, 87109, Albuquerque

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