



# REWIND YOUR AGE

The Annual NMRHCA Wellness Fair

Be kind (to yourself).  
Please rewind (your age).



## IN PERSON

May 31st in Albuquerque  
CNM Workforce Training Center

June 7th in Santa Fe  
Santa Fe Community College

June 14th in Las Cruces  
Farm & Ranch Museum

## VIRTUAL

June 21st

Activities  
Door Prizes  
Give Aways  
Food

## SESSIONS

Think Young, Feel Young:  
The Mindset of Living Younger

Muscle Mastery:  
Decoding Ageless Strength

Powering Up with a Protein Centric  
Diet for Living Younger

Rejuvenate Your Vitality:  
Unlocking the Power of Sleep for  
Ageless Wellness

[CLICK HERE FOR DETAILED INFO  
AND TO REGISTER](#)

[www.nmrhca.org/2024wellnessfair/](http://www.nmrhca.org/2024wellnessfair/)