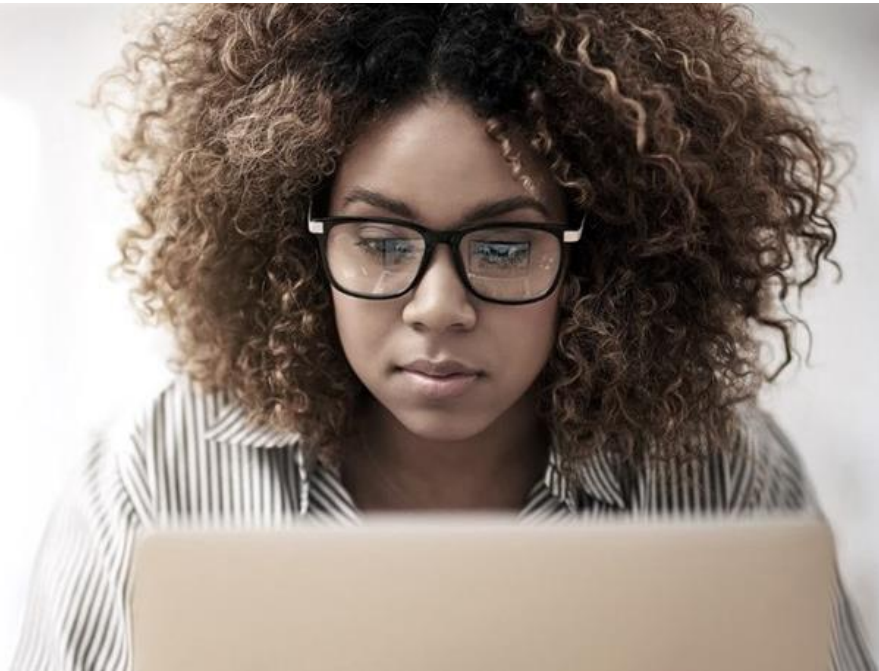




**BlueCross BlueShield
of New Mexico**



**HEALTH CARE
AUTHORITY**



Staying Mentally Healthy with Technology

Date: Tuesday, May 20

Time: 3:30 p.m.

Location: Virtual

[Register Here](#)

We will learn about:

- How technology can be healthy and unhealthy
- Ways technology can affect us mentally and physically
- Tips and techniques for finding a healthy relationship with technology