



**BlueCross BlueShield  
of New Mexico**



**HEALTH CARE  
AUTHORITY**



# THE POWER OF SOCIAL CONNECTION

**Date:** Wednesday, May 28

**Time:** 8:30 a.m.

**[Register Here:](#)**

**Date:** Wednesday, May 28

**Time:** 3:45 p.m.

**[Register Here:](#)**

## **We will learn about:**

- Why social wellbeing is important
- How it is linked to our overall wellbeing
- What are the three vital components of social wellbeing
- Strategies to improve your social wellbeing