



Drop in every Thursday for 20-min live, guided mindfulness meditations with other employees from all over New Mexico! Available to all employees.



Those who have registered for the Thursday meditations, Presbyterian will send them a special invitation to join a 50-minute meditation every other Saturday pertaining to overall Health & Wellness.

[Click Here](#)



Join us each month. Our Webinars will provide you with ways to enhance your wellness and help you be successful in your journey to better health.

NEW! Dinner with a Dietitian
Healthy Eating, Online Video Course



This course will help you **EAT HEALTHIER** by teaching you how to **COOK HEALTHIER**. Each week you will receive a new instructional video, recipe and grocery list for the meal of the week.

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NEED A DAILY WELLNESS BOOST? We'll give you 30 days worth! Nutrition, Sleep, Yoga, Family, Connection, Body, Mind,and more.

Wellness Connection is a 30-day program of daily emails that will get you motivated about everyday wellness. Each email provides thirty ways to jumpstart your wellness journey, and powerful daily practices around Health & Wellness.

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Click here to find Presbyterian's News Letters, "HealthyLife"

[Link to NL on landing page](#)