



**BlueCross BlueShield
of New Mexico**



**HEALTH CARE
AUTHORITY**



ERGONOMICS 101

Date: June 25, 2025

Time: 8:30 a.m.

[Register Here](#)

Date: June 25, 2025

Time: 3:45 p.m.

[Register Here](#)

We will learn about:

- What is Ergonomics
- How to set up your workstation
- Decreasing pain with body posture