



**BlueCross BlueShield
of New Mexico**



**HEALTH CARE
AUTHORITY**



HEALTHY BONES AND JOINTS

Date: June 23
Time: 8:30 a.m.
[Register Here](#)

Date: June 23
Time: 3:45 p.m.
[Register Here](#)

We will learn about:

- Ergonomics and Musculoskeletal Disorders (MSDs)
- Symptoms of MSDs and risk factors
- Tips and stretching techniques for prevention and improvement