



## A Guided Relaxation and Mindfulness Session

Fill your cup during a guided relaxation and mindfulness session. Learn techniques for unwinding and rejuvenating anytime, anywhere. A Guided Relaxation and Mindfulness Session

Tuesday, May 6 12:30 p.m. - 1:30 p.m.

**Register Now** 

Space is limited.

Questions? Member Services Has the Answers. Call 1-800-414-SHBP (7427).

NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses/ partners who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More details can be found on nj.gov/njwell/. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. The Blue Cross<sup>®</sup> and Blue Shield<sup>®</sup> names and symbols are registered marks of the Blue Cross Blue Shield Association. The Horizon<sup>®</sup> name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2025 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105-2200. ECN0023801 (0525)