

# TRS-ActiveCare MINDFUL POSTURE



Tune in to the worksite wellness podcast by Blue Cross and Blue Shield of Texas for a short episode about practicing proper posture. We'll cover:

- how your job can affect your posture
- tips for improving your posture



**Listen to the podcast at your convenience!**

Click on the link below or scan the QR Code:

**Mindful Posture**



Image(s) may have been created or enhanced using artificial intelligence tools.

770661.1025



**BlueCross BlueShield** of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation,  
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association