

Blue Cross® VIRTUAL WELL-BEING

Webinar schedule for first quarter 2019

Employer webinars

Jan. 8, 2019:

Blue Cross® Virtual Well-Being Introduction/
Overview

Jan. 15, 2019:

Wellness to Well-Being, Part 1

Jan. 22, 2019:

Wellness to Well-Being, Part 2

Jan. 29, 2019:

Corporate Mindfulness

Feb. 5, 2019:

Mindfulness and Meditation

Feb. 12, 2019:

Leading with Happiness

Feb. 19, 2019:

An Attitude of Gratitude

Feb. 26, 2019:

Being Mindful of Physical Health, Part 1

March 5, 2019:

Being Mindful of Physical Health, Part 2

March 12, 2019:

Resiliency in Life

March 19, 2019:

Kindness and Compassion in Work Life

March 26, 2019:

Kindness and Compassion in Personal Life

Member webinars

Jan. 10, 2019:

Blue Cross® Virtual Well-Being Introduction/
Overview

Jan. 17, 2019:

Wellness to Well-Being, Part 1

Jan. 24, 2019:

Wellness to Well-Being, Part 2

Jan. 31, 2019:

Mindfulness Matters, Part 1

Feb. 7, 2019:

Mindfulness Matters, Part 2

Feb. 14, 2019:

Happiness Advantage

Feb. 21, 2019:

An Attitude of Gratitude

Feb. 28, 2019:

Being Mindful of Physical Health

March 7, 2019:

Being Mindful of Physical Health, Part 2

March 14, 2019:

How to Be More Resilient

March 21, 2019:

Kindness and Compassion in Work Life

March 28, 2019:

Kindness and Compassion in Personal Life



Confidence comes with every card.®

All webinars begin at noon Eastern time.
Register for webinars at bluecrossvirtualwellbeing.com.