

Blue Cross® VIRTUAL WELL-BEING

Instructions: *Copy and paste the text below into an email you can send to your employees to encourage them to register for the next Virtual Well-Being webinar.*

The Blue Cross® Virtual Well-Being program from Blue Cross® Blue Shield® of Michigan and Blue Care Network offers short, live, weekly webinars to help support members on their journey to well-being. These webinars are a great way to help you prioritize your well-being, and provide downloadable content you can save and share with family and friends. I encourage you to register for the next live member webinar:

Navigating Personal Challenges, Part 2

June 20, 2019

12 p.m. Eastern time

Guest speaker Diane Bigler from New Directions Behavioral Health explores current and new coping strategies. Identify seven strategies to face life's challenges.

[Register now.](#)

Blue Cross now offers a weekly meditation session, too:

Topic: Safety and Comfort Meditation

Wednesday, June 26, 2019

8 to 8:15 a.m. Eastern time

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at bluecrossvirtualwellbeing.com.

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