

# 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:

## **Connect to Your Community for Physical and Mental Benefits**

June 27, 2019

12 p.m. Eastern time

According to Gallup, community well-being increases when you feel safe and connected in your community. Virtual Well-Being Coordinator Matt Wozny discusses how to better engage with your community and talks about how feeling a sense of belonging can improve your health and well-being.

[Register now.](#)

## **Blue Cross now offers a weekly meditation session, too:**

Topic: Open Your Senses Meditation

Wednesday, July 3, 2019

8 to 8:15 a.m. Eastern time

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).

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