

# 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:

## **Senior Health and Well-Being**

Oct. 24, 2019

12 p.m. Eastern time

As we get older, our health and well-being become more and more critical. Seniors who want to stay young can maintain their youthfulness by exercising, getting involved with the community and social activities, stimulating the brain's neural pathways and more. Your Virtual Well-Being coordinator will provide tips for seniors to be physically, mentally and socially healthy.

[Register now.](#)

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

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