

# 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:

## **Hygge**

Jan. 23, 2020

12 p.m. Eastern time

Hygge is a Danish word that can be best described as enjoying life's simple pleasures. It was created as a concept and lifestyle by the Danish in the 18th century and is now a fundamental part of their culture. Your Virtual Well-Being coordinator will teach you how to hygge, provide tips to hygge your home and share the do's and don'ts of hygge.

[Register now.](#)

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

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