

Webinar schedule for first quarter 2020

Click on webinar title to register.

Employer webinars

January 7, 2020

How to Support Employee Well-Being

January 14, 2020

Help Your Employees Improve Resilience

January 21, 2020

Prepare for Heart Health Month

January 28, 2020

How to Support a Blood Drive

February 4, 2020

Keeping Employees Motivated and Productive

February 11, 2020

Heart Health and Gratitude

February 18, 2020

Colorectal Cancer Awareness

February 25, 2020

Physical Activity at Work

March 3, 2020

Workplace Eye Safety

March 10, 2020

Brain Awareness Week

March 17, 2020

Happiness

March 24, 2020

Vaping at Work

Member webinars

January 9, 2020

Starting Strong in 2020

January 16, 2020

Improve Your Resilience

January 23, 2020

Hygge

January 30, 2020

Winter Produce

February 6, 2020

Heart Health through Meditation

February 13, 2020

Valentine Gratitude

February 20, 2020

Understanding Gastrointestinal Health

February 27, 2020

Stay Active in the Winter

March 5, 2020

Colorectal Cancer Awareness

March 12, 2020

Well-Being Benefits of Arts & Crafts

March 19, 2020

Happiness

March 26, 2020

Dangers of Vaping



Confidence comes with every card.®

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