

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

June well-being assignments

Each month, we're going to give you two or three ways to improve your well-being. You can do one or all of them — it's up to you. This month's assignments are:



Host a movie night — in person or virtually — with friends and family.

Visit a museum — in person or virtually. Check out the beautiful displays, and pick a favorite piece of art.



Try a new sport or exercise.

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