

# Blue Cross<sup>®</sup> 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<sup>®</sup> Virtual Well-Being program from Blue Cross<sup>®</sup> Blue Shield<sup>®</sup> 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:

## **Take It Outside**

April 30, 2020

Noon Eastern time

Learn why walking through the woods or spending time near water is so popular. Nature positively impacts our bodies and brains, helps reduce stress and increases brain function. So, go outside today.

[Register now.](#)

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

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