

# 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:

## **Home Workouts for You and Your Kids**

May 14, 2020

Noon Eastern time

Learn some creative ways to work out at home with kids, your spouse, or by yourself.

[Register now.](#)

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

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