

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 webinars:

Meditation — Relaxation

June 24, 2020

7:30 a.m. Eastern time

Take a moment to relax with Dan. This meditation will leave you feeling refreshed and restored.

[Register now.](#)

Healthy Aging

June 25, 2020

Noon Eastern time

Aging is a natural process of life and can be embraced with well-being. Your Virtual Well-Being coordinator will provide tips that you can put in place to help you thrive in life.

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at

bluecrossvirtualwellbeing.com.

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