

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 — Serenity

July 1, 2020

7:30 a.m. Eastern time

Join Dan as you meditate yourself to a place of serenity.

[Register now.](#)

Flexibility and Optimal Health

July 2, 2020

Noon Eastern time

One of the most important components of physical health is to remain flexible throughout your lifetime. Your Virtual Well-Being coordinator reviews the benefits of flexibility and the actions you can take to become more flexible.

[Register now.](#)

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

bluecrossvirtualwellbeing.com.

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