Blue Cross®
VIRTUAL WELL-BEING

Blue Cross Blue Shield Blue Care Network of Michigan

Webinar schedule for second quarter 2020

Click on webinar title to register.

Employer webinars

March 31, 2020
Healthy Eating While Working from Home

April 7, 2020
Employee Resilience

April 14, 2020
Staying Productive at Home

April 21, 2020
Hygge

April 28, 2020
Benefits of Time Outside

May 5, 2020
Journaling 101

May 12, 2020
Home Workouts for Employees

May 19, 2020
Help Your Employees Find Their Purpose at Work

May 26, 2020
Gratitude

June 2, 2020
The Importance of Self-Care

June 9, 2020
Healthy Food Culture

June 16, 2020
Address Loneliness at Work

June 23, 2020
Supporting Multi-Generational Workforces

June 30, 2020
Safety and Ergonomics

Member webinars

April 2, 2020
Nutritious Noshing with Family

April 9, 2020
Resiliency in Tough Times

April 16, 2020
The Joys of Working at Home

April 23, 2020
Hygge, Ikigai and Lagom

April 30, 2020
Take it Outside

May 7, 2020
Write Away Your Worries

May 14, 2020
Home Workouts for You and Your Kids

May 21, 2020
Finding Your Life's Purpose

May 28, 2020
A Time of Gratitude

June 4, 2020
Self-Care at Home

June 11, 2020
Using Vision Boards to Re-Energize Your Goals

June 18, 2020
Reversing Loneliness

June 25, 2020
Healthy Aging

July 2, 2020
Flexibility and Optimal Health

All webinars begin at noon Eastern time.

Register for all webinars at bluecrossvirtualwellbeing.com.

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