

# 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 webinars:

## **Meditation — Bee Breathing**

August 12, 2020

7:30 a.m. Eastern time

Dan brings mindfulness into practice as he offers you kind words for yourself.

[Register now.](#)

## **Lifelong Oral Health Habits Pay Off in the Long Run**

August 13, 2020

Noon Eastern time

Dr. Lisa Knowles, a dentist at Blue Cross Blue Shield of Michigan, will explain why it's important to begin and maintain oral health routines from an early age. She will also review new recommendations and how to encourage the best dental care.

[Register now.](#)

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

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