



## Webinar schedule for fourth quarter 2020

*Click on webinar title to register*

### Employer webinars

[October 6, 2020](#)

Encourage vision well-being

[October 13, 2020](#)

Drop 5 of COVID-19 kick-off

[October 20, 2020](#)

Working with introverts and extroverts

[October 27, 2020](#)

How to create a well-being calendar

[November 10, 2020](#)

Leading through change

[November 17, 2020](#)

Drop 5 of COVID-19 – Holiday support

[December 1, 2020](#)

Self-care for the HR professional

[December 8, 2020](#)

Well-being trends for 2021

[December 15, 2020](#)

Set company well-being goals to thrive in 2021

# Blue Cross<sup>®</sup> VIRTUAL WELL-BEING



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

## Member webinars

October 8, 2020

Take time for your eyes

October 15, 2020

*Drop 5 of COVID-19* kick-off

October 22, 2020

The power of introverts and extroverts

October 29, 2020

Safeguard your sleep

November 5, 2020

Food labels and nutrition trackers

November 12, 2020

Navigating change

November 19, 2020

*Drop 5 of COVID-19* questions and answers with a registered dietitian

December 3, 2020

Holiday self-care and live meditation

December 10, 2020

Fitness at home at any level

December 17, 2020

Create a personal well-being calendar

**All webinars begin at noon Eastern time.**

**Register for all webinars at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com)**