

# 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 meditations and webinars to help support members on their journey to well-being. These meditations and 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 meditation and member webinar:

### **Three-Minute Relaxation Meditation**

March 17, 2021

12 p.m. Eastern Time

Journey to beautiful Ireland and invite joy and relaxation into your day during this breathing meditation.

[Register now.](#)

### **Four Breathing Exercises and Live Demonstration**

March 18, 2021

12 p.m. Eastern Time

Participate in a live demonstration of four breathing exercises you can use to decrease stress and improve focus. Session will include Drop 5 to Start `21 weekly check-in for our virtual weight-loss community.

[Register now.](#)

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

[bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).

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