



Webinar schedule for first quarter 2021

Click on webinar title to register

Employer webinars

[January 5, 2021](#)

How to Run a Program Virtually

[January 12, 2021](#)

Well-Being Culture and Engagement in 2021

[January 19, 2021](#)

How to Administer Global or Multi-Site Well-Being Programs

[January 26, 2021](#)

Program Design to Improve Preventive Care Compliance

[February 2, 2021](#)

February Challenge — Nutrition

[February 9, 2021](#)

February Challenge — Exercise

[February 16, 2021](#)

February Challenge — Sleep

[February 23, 2021](#)

February Challenge — Mindfulness

[March 2, 2021](#)

Blue Cross Resources for Behavioral and Mental Health

[March 9, 2021](#)

Importance of Praising Your Employees

[March 16, 2021](#)

Well-Being Design Trends for Your Home or Office

[March 23, 2021](#)

Zestful Employees = Productive Employees

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Member webinars

January 7, 2021

Drop 5 to Start '21 Kick-Off

January 14, 2021

Clean Eating Facts and Fiction

January 21, 2021

Relaxation Techniques to Address Stress

January 28, 2021

Preventive Care

February 4, 2021

Live Cooking Demos of Simple, Heart-Healthy Meals

February 11, 2021

Buddy Workouts for Valentine's Day

February 18, 2021

Connect to Others to Thrive, Not Just Survive in 2021

February 25, 2021

The Effects of Random Acts of Kindness

March 4, 2021

March Preparation Ideas for a Summer Garden

March 11, 2021

Leverage Nature to Improve Overall Well-Being

March 18, 2021

Four Breathing Exercises and Live Demonstration

March 25, 2021

Do Something New and Grow Brain Cells

All webinars begin at noon Eastern time.

Register for all webinars at bluecrossvirtualwellbeing.com