

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:

Seven-Minute Seasonal Transformation Meditation

April 14, 2021

12 p.m. Eastern Time

Focus on your breath during this grounding meditation surrounded by beautiful trees, the energy of nature and enjoy the renewed blossoming of the seasons.

[Register now.](#)

Strategies to Manage Stress and Anxiety with Dr. William Beecroft

April 15, 2021

12 p.m. Eastern Time

Join Dr. Beecroft as he offers advice to manage your everyday stress and anxiety.

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at bluecrossvirtualwellbeing.com.

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