

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 Virtual Well-Being webinars below.*

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 meditation and member webinars below:

Seven-Minute Forest Bathing Meditation

May 19, 2021

12 p.m. ET

Sit, be still and observe the beauty of trees in nature while letting go of tension, and maintaining feelings of peace and relaxation.

[Register now.](#)

The Power of Puzzles and Drop 5

May 20, 2021

12 p.m. ET

Learn the science that shows puzzles can increase creativity, social connection, improve problem solving and cognition. Then, share their benefits with your family. Session will include Drop 5 weekly check-in for our virtual weight-loss community.

[Register now.](#)

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

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.