

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:

Ten-Minute Bird Meditation

June 23, 2021

12 p.m. ET

Enjoy the sights and sounds of a variety of birds visiting a feeder on Marissa's farm.

[Register now.](#)

Skincare Protection 101 and Drop 5

June 24, 2021

12 p.m. ET

Learn ways to protect your skin in a healthier way, including protective sun clothing, sunscreen selection, and sun avoidance. 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.

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