

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:

Four-Minute Alternate Nostril Breathing Meditation Featuring Sights from France

July 7, 2021

12 p.m. ET

Bring more awareness to your breath and soothe your nerves during this alternate nostril breathing meditation while enjoying familiar sights of France.

[Register now.](#)

Nurturing Your Relationships and Drop 5

July 8, 2021

12 p.m. ET

Join us as we discuss the importance of nurturing our relationships with others and the role relationships play in enhancing our overall well-being. 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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