

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:

Six-Minute Mindfulness Meditation in Nature

July 21, 2021

12 p.m. ET

Expand your awareness during this mindful meditation using your senses.

[Register now.](#)

Summer Olympic Well-Being Challenge and Drop 5

July 22, 2021

12 p.m. ET

Join us as we review our Summer Olympic Well-Being Challenge you can do alone or with family and friends anytime during the Olympics, July 23 through August 8. Let the games begin! 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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