



Webinar schedule for third quarter 2021

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Employer webinars:

[Summer Olympic Well-Being Challenge](#)

July 6, 2021

[COVID-19 Information Updates](#)

July 13, 2021

[Creating Micro Habits to Achieve Big Goals](#)

July 20, 2021

[The AWE Connection to Mind and Body](#)

July 27, 2021

[The Science Behind Decluttering](#)

August 3, 2021

[The Value of Planning Your Day](#)

August 10, 2021

[Using Virtual Reality for Exercise and Social Connection](#)

August 17, 2021

[The Art Making Process and Connection to Feelings](#)

August 24, 2021

[A Hygge Lifestyle Challenge](#)

August 31, 2021

[Join Eric Hipple as He Discusses Suicide Prevention](#)

September 7, 2021

[The Impact of Meditation on Your Well-Being](#)

September 14, 2021

[The Power of Routine and Rituals](#)

September 21, 2021

[The Science Behind Bringing Humor to Work](#)

September 28, 2021

Blue Cross VIRTUAL WELL-BEINGSM



Blue Cross
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Member webinars:

[Nurturing Your Relationships](#)

July 8, 2021

[COVID-19 Updates](#)

July 15, 2021

[Summer Olympic Well-Being Challenge](#)

July 22, 2021

[Forest Bathing to Experience Awe](#)

July 29, 2021

[Decluttering to Improve Your Well-Being](#)

August 5, 2021

[Live a Hygge Lifestyle](#)

August 12, 2021

[Using Virtual Reality for Exercise and Social Connection](#)

August 19, 2021

[Creating Mindful Art with Marissa](#)

August 26, 2021

[Addressing Foot and Leg Fatigue While Standing](#)

September 2, 2021

[Join Eric Hipple as He Discusses Suicide Prevention](#)

September 9, 2021

[Kevin Fisher: Everybody vs. Stigma](#)

September 16, 2021

[The Impact of Meditation on Your Well-Being](#)

September 23, 2021

[The Power of Routine and Rituals](#)

September 30, 2021

**All webinars begin at noon Eastern time.
Register for all webinars at bluecrossvirtualwellbeing.com**

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