



Webinar schedule for fourth quarter 2021

Click on webinar title to register

Employer webinars:

[4Q 20-Minute Self-Care Break](#)

October 5, 2021

[How Chronotypes Affect Your Energy](#)

October 12, 2021

[Reflective Writing Workshop](#)

October 19, 2021

[November Well-Being Challenge](#)

October 26, 2021

[Helping Employees Maintain Well-Being as a Caregiver](#)

November 2, 2021

[Dr. Beecroft Discusses Anxiety at Work](#)

November 9, 2021

[Drop 5 Holiday Scale Freeze](#)

November 16, 2021

[Two-Week, 300 Minute Physical Activity Challenge](#)

November 23, 2021

[Prepping for Success in 2022](#)

November 30, 2021

[Holiday Well-Being Trivia](#)

December 7, 2021

[The “Blue Mind” Theory](#)

December 14, 2021



Member webinars:

[Cold Frame Gardening and the Drop 5 Virtual Weight-Loss Community](#)

October 7, 2021

[Boost Energy with Chronotypes and the Drop 5 Virtual Weight-Loss Community](#)

October 14, 2021

[Reflective Writing Workshop and the Drop 5 Virtual Weight-Loss Community](#)

October 21, 2021

[November Well-Being Challenge and the Drop 5 Virtual Weight-Loss Community](#)

October 28, 2021

[Chat with Dr. Seabright and the Drop 5 Virtual Weight-Loss Community](#)

November 4, 2021

[Soup-er Cooking Demo and the Drop 5 Virtual Weight-Loss Community](#)

November 11, 2021

[Drop 5 Holiday Scale Freeze and the Drop 5 Virtual Weight-Loss Community](#)

November 18, 2021

[Prepping for Success in 2022 and the Drop 5 Virtual Weight-Loss Community](#)

December 2, 2021

[How Scents Can Boost Well-Being and the Drop 5 Virtual Weight-Loss Community](#)

December 9, 2021

[The “Blue Mind” Theory and the Drop 5 Virtual Weight-Loss Community](#)

December 16, 2021

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