



# Blue Cross Virtual Well-Being<sup>SM</sup>

## November Well-Being Challenge



# The webinar will begin at noon



Coloring requires you to focus, but not so much that it's stressful.

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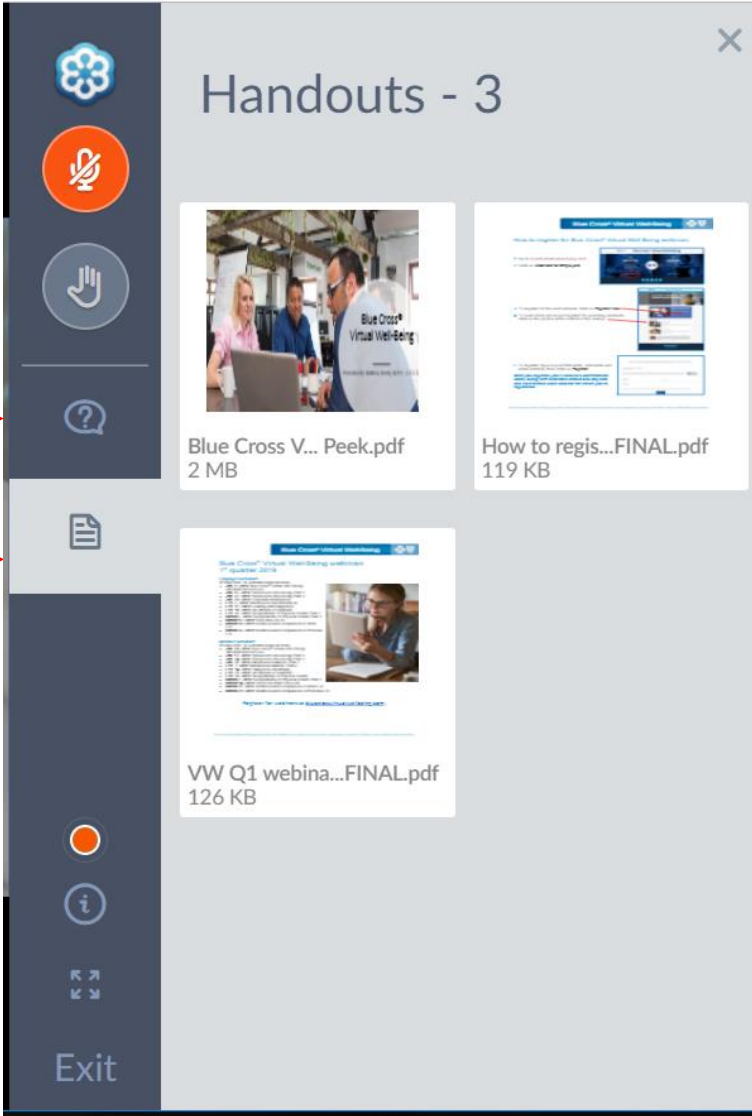
Regular meditation increases focus.



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Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.



Handouts - 3

Blue Cross V... Peek.pdf  
2 MB

How to regis...FINAL.pdf  
119 KB

VW Q1 webina...FINAL.pdf  
126 KB

Exit

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Set aside time to read.

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“Every leaf speaks bliss to me,  
fluttering from the autumn tree.”  
– *Emily Bronte*



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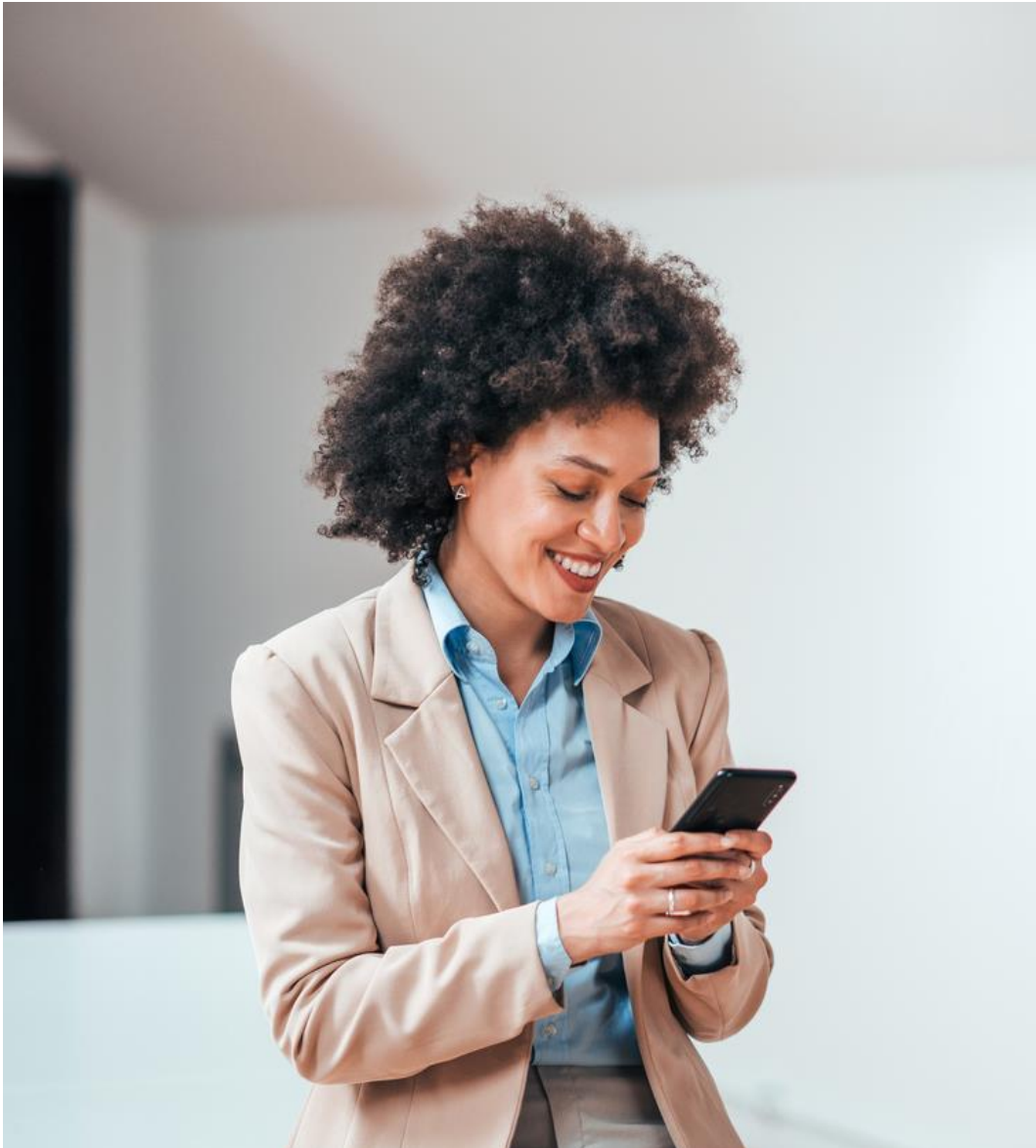


**Five Minute Meditation:  
Receiving Love and Care**  
Wednesday, Nov. 3, 2021  
Noon Eastern time



**Chat With Dr. Seabright and  
Drop 5 Virtual Weight Loss Community**  
Thursday, Nov. 4, 2021  
Noon to 12:30 p.m. Eastern time

# Receive weekly registration reminders



Text **MOTIVATE** to **222764**.

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# Focused attention



# Boost happiness



# Drop 5 Virtual Weight Loss Community

*Drop 5* is a **free** weight loss community that meets virtually on Thursdays with a goal of losing five pounds at a time. Anyone over 18 can participate with no registration necessary.

## Tip of the week: Lift weights

- Builds lean muscle
- Burns body fat
- Strengthens bones and joints

**Use the Question box to share your scale and nonscale victories.**



# For more information

- Virtual Well-Being site:  
**bluecrossvirtualwellbeing.com**
- Virtual Well-Being email:  
**BlueCrossVirtualWell-Being@bcbsm.com**

