

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 Meditation: Standing in Awareness in a Corn Field**

November 10, 2021

12 p.m. ET

Standing still brings our bodies and minds into alertness and is a way to invite the mind to slow down and

experience increased awareness and mindfulness.

[Register now.](#)

### **Soup-er Cooking Demo and the Drop 5 Virtual Weight-Loss Community**

November 11, 2021

12 p.m. ET

Join us as we demonstrate making a couple healthy fall soups and discuss the health benefits soup provides.

There will also be soup recipes to download. **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.](http://bluecrossvirtualwellbeing.com)

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.