Blue Cross Blue Shield Blue Care Network of Michigan

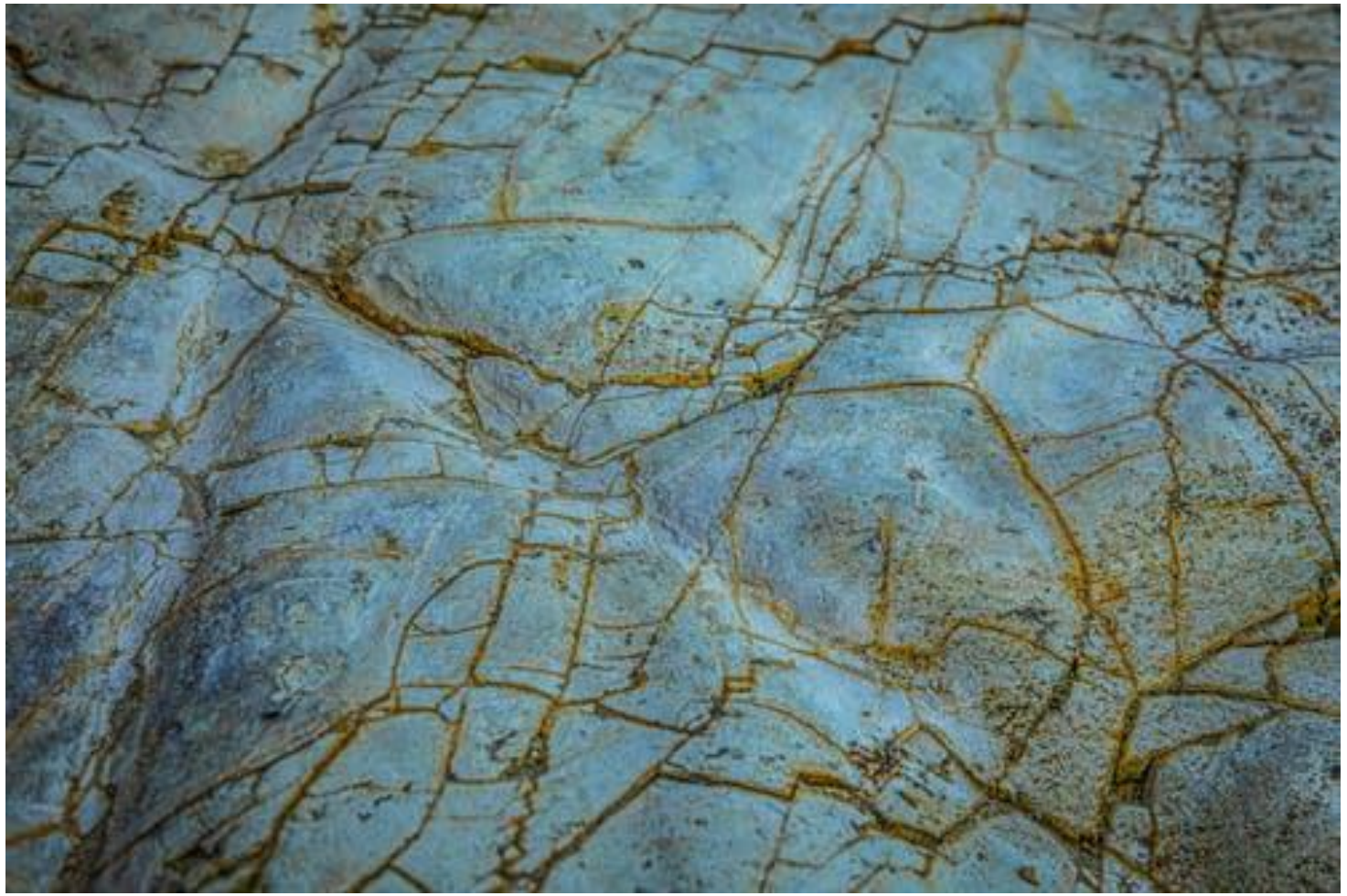
Blue Cross Virtual Well-Being℠

Employer session

Kintsugi

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

The webinar will begin at noon



Kintsugi means “to repair with gold,” the art of repairing pottery with gold lacquer and understanding that the piece is more beautiful for having been broken.

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Wabi-sabi is finding beauty in the imperfections of life and accepting the natural cycle of growth and decay.

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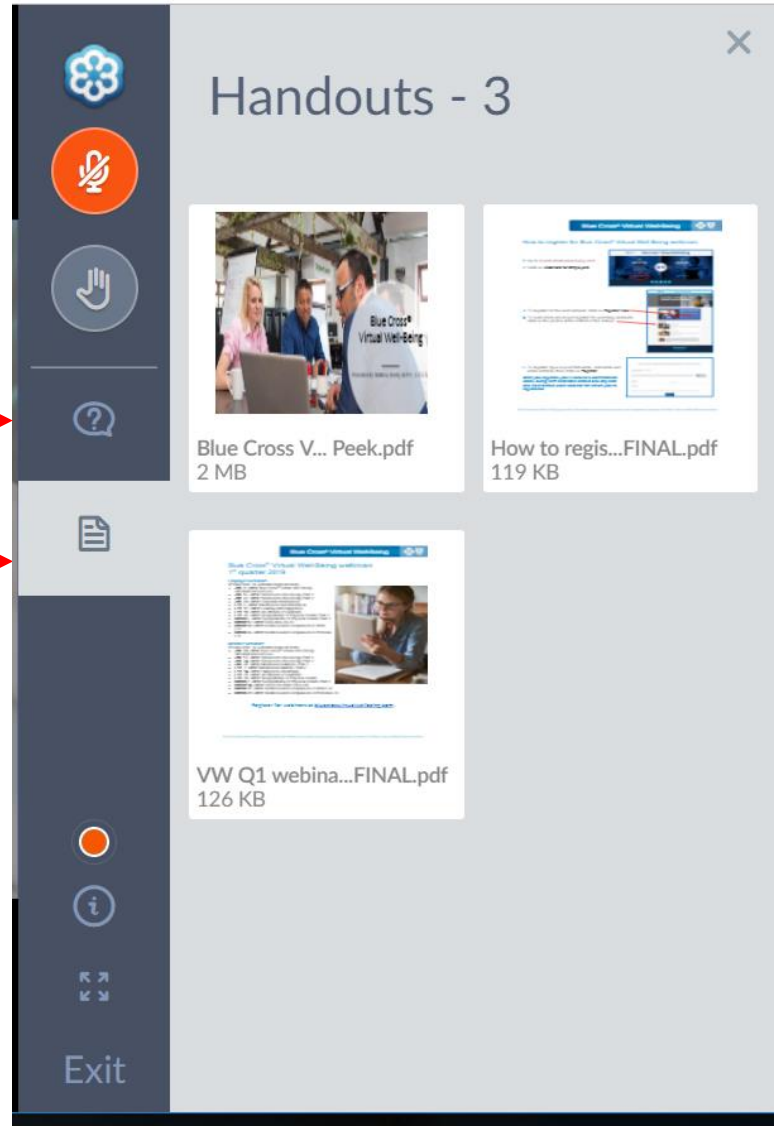
Submit a question or comment using the **Question** feature.

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



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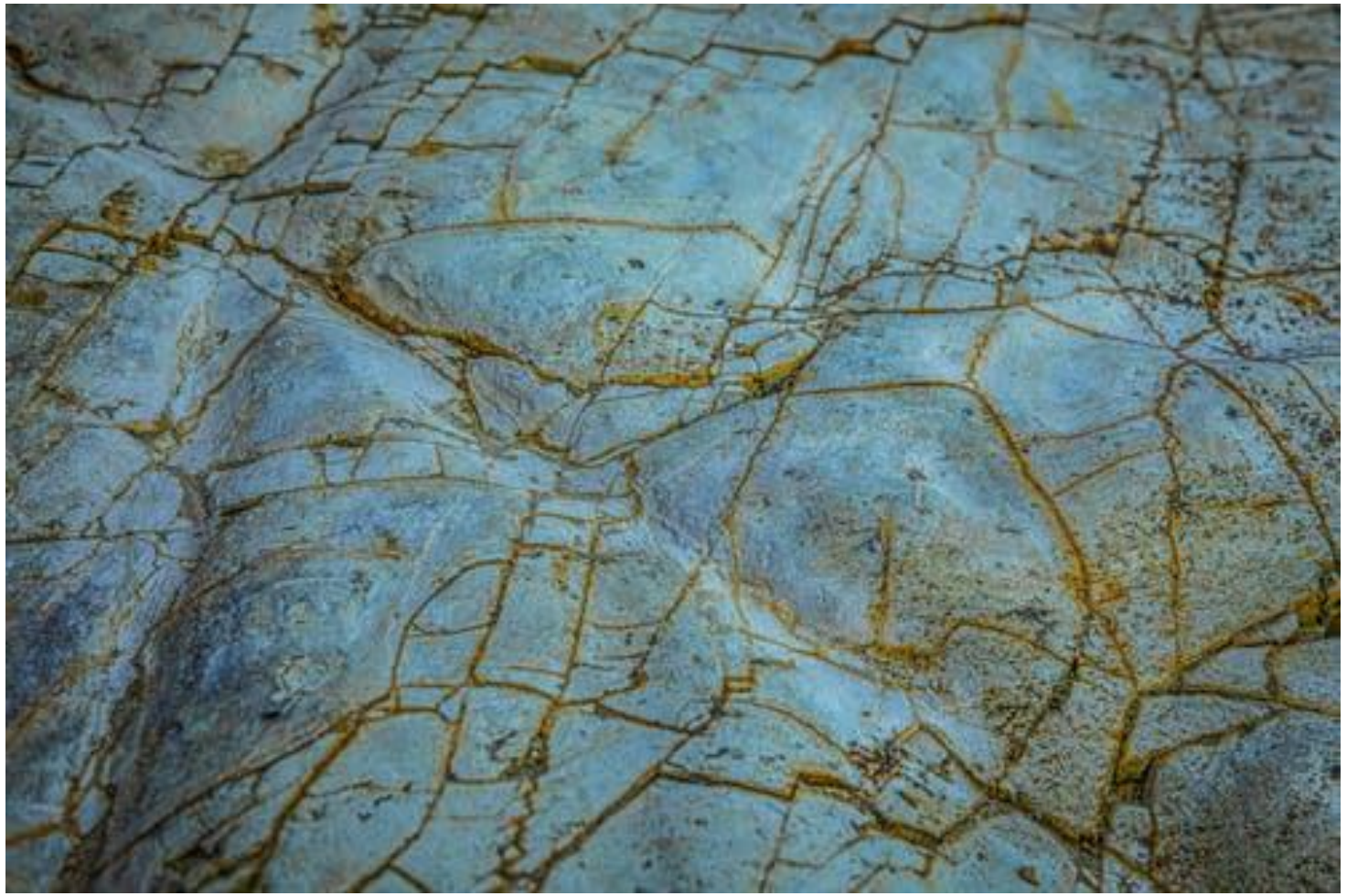

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Three-Minute Meditation: Relaxed Breathing
Wednesday, Jan. 12, 2022 (tomorrow)
12 p.m. Eastern time

Digital Detox to Reconnect with Yourself
Tuesday, Jan. 18, 2022
12 to 12:30 p.m. Eastern time

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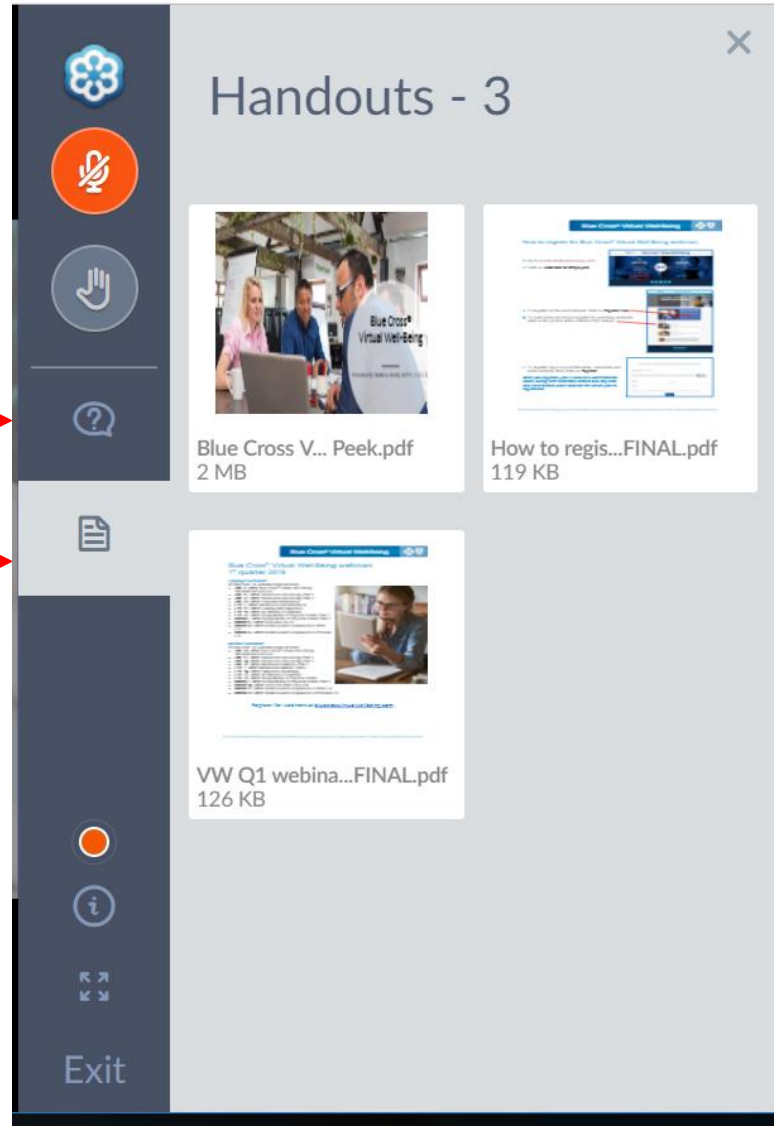

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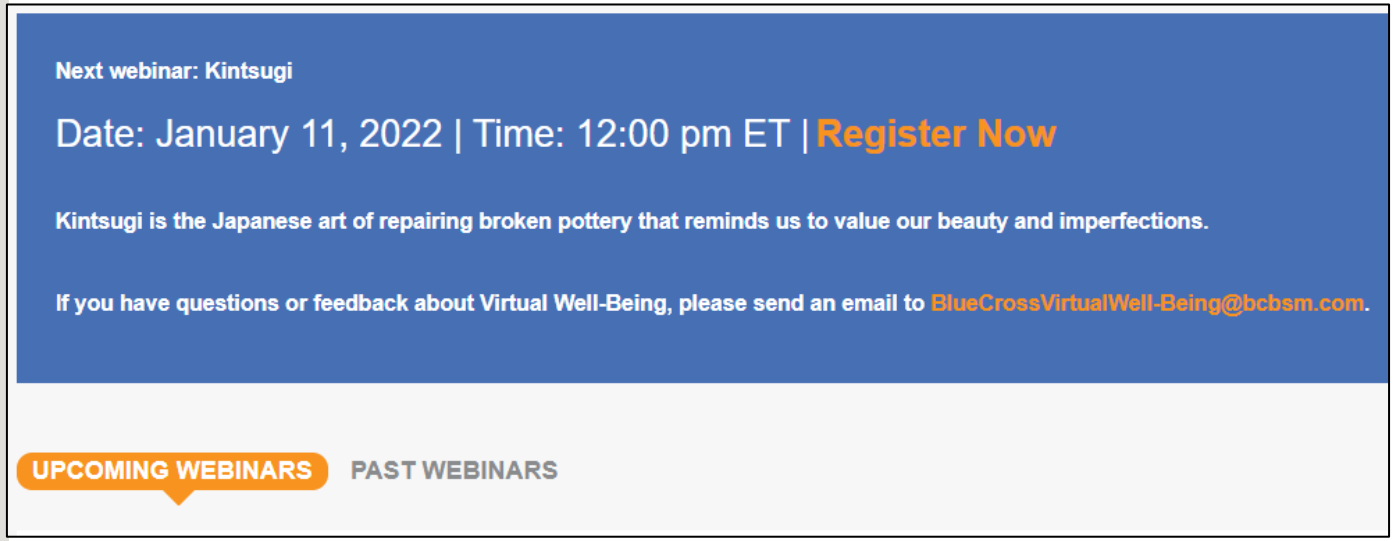
How to register or view on demand content

Access the landing page at: **bluecrossvirtualwellbeing.com**.

- For Tuesday webinars, click **Webinars for Employers**.
- For Wednesday meditations and Thursday webinars, click **Webinars for Members.**

- To register for the next webinar, click **Register Now** in the blue box.
- To register for future webinars or meditations, click **UPCOMING WEBINARS** then click on the picture of the session you want to attend. Complete the registration form.
- To view previous webinars or meditations, click **PAST WEBINARS** then click on the picture of the session you want to view. A new tab will open with the video.



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Kintsugi – “golden scars”

Kintsugi reminds us that there is great beauty in broken things because **scars tell a story**. They demonstrate fortitude, wisdom and resilience, earned through the passage of time.

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For more information

To register for upcoming webinars or to view on demand sessions, go to: bluecrossvirtualwellbeing.com.

For questions or comments, email us at BlueCrossVirtualWell-Being@bcbsm.com.