

# Blue Cross VIRTUAL WELL-BEING<sup>SM</sup>



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

*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:

### **Four-Minute Meditation: Gratitude**

January 5, 2022

12 p.m. ET

A wintery river provides the setting for this gratitude meditation to fill your heart with happiness.

[Register now.](#)

### **Healthy Habits 4-Week Challenge and Drop 5 Virtual Weight-loss Community**

January 6, 2022

12 p.m. ET

Let us help you create healthy habits to live a thriving life. This 4-week challenge addresses physical activity, mindfulness, nutrition and hydration. 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).

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