



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:

Nine-Minute Meditation: Noticing What Brings You Joy

February 2, 2022

12 p.m. ET

Take a relaxing stroll down the scenic Chattahoochee River Trail while noticing what brings you joy.

[Register now.](#)

Mindful Mail Art Workshop and Drop 5 Virtual Weight-loss Community

February 3, 2022

12 p.m. ET

Bring an envelope and join us for a mindful art experience. You can mail your decorated envelope with a note of thanks or gratitude to a co-worker, friend or loved one. Session will include Drop 5 weekly check-in for our virtual weight-loss community. [Register now.](#)

Eight-Minute Meditation: Relaxed Breathing Along Lake Superior

February 9, 2022

12 p.m. ET

Sit along the Lake Superior shoreline under a blue sky with white billowing clouds and allow your body to relax as your breathing falls in rhythm with the waves. [Register now.](#)

Fill Your Heart by Valentine's Day and Drop 5 Virtual Weight-loss Community

February 10, 2022

12 p.m. ET

Valentine's Day is the perfect time to promote heart health. Bring a piece of paper and something to draw a heart that you will fill with well-being activities. 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.

Blue Cross
Virtual Well-BeingSM

Live well-being webinars and meditations

