



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:

**13-Minute Meditation: R.A.I.N. for Difficult Emotions and Thoughts**

March 30, 2022

12 p.m. ET

Join Ruby the Bernese mountain dog as she listens to the rain during today's R.A.I.N. meditation. This technique is helpful to accept and free yourself from difficult emotions and thoughts as you recognize, accept, investigate and nourish yourself with compassion. [Register now.](#)

**Well-Being 101 and Drop 5 Virtual Weight-loss Community**

March 31, 2022

12 p.m. ET

Join us as we discuss the components of well-being and how you can apply them to have a thriving environment. Session will include Drop 5 weekly check-in for our virtual weight-loss community. [Register now.](#)

**Eight-Minute Meditation: The Joy of Mindful Smiling Featuring Landscapes and Elephants of India**

April 6, 2022

12 p.m. ET

During this meditation, tune into the sensations of the body with care and attention while mindfully bringing a smile to the face to carry joy throughout the day. [Register now.](#)

**Why You Should Talk to Strangers and the Drop 5 Virtual Weight-loss Community**

April 7, 2022

12 p.m. ET

Multiple studies show the positive benefits of talking to strangers from a brief encounter to having a deep conversation. Join us as we discuss various ways to engage with strangers in our current environment. Session will include the Drop 5 Virtual Weight-loss Community. [Register now.](#)

Register for additional webinars, watch past webinars and download materials at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).

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

*Live well-being webinars and meditations*

