



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:

**11-Minute Meditation: Fill Your Heart with Gratitude at the Atlanta Botanical Gardens**

March 9, 2022

12 p.m. ET

During this meditation, Marissa leads you in a visualization through a lush garden to help you experience peace and gratitude. [Register now.](#)

**Preventive Care and Drop 5 Virtual Weight-loss Community**

March 10, 2022

12 p.m. ET

Join us to discuss on how preventive care can detect or prevent major medical conditions. This includes tests, screenings and regular visits. Session will include Drop 5 weekly check-in for our virtual weight-loss community. [Register now.](#)

**Five-Minute Meditation: Walking in the “Secret Garden” on Mackinac Island**

March 16, 2022

12 p.m. ET

Take a walk in a beautiful garden as you become aware of your breath, your body, and the sights and sounds of the environment, bringing a relaxed focus to your day. [Register now.](#)

**Cultivating the Skill of Relaxation and Drop 5 Virtual Weight-loss Community**

March 17, 2022

12 p.m. ET

Join us as we discuss various ways to curate your relaxation time, including different types of rest, creating space, auditing your thoughts and more. 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).