



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:

Three-Minute Meditation: 4-7-8 Breathing at Milliken State Park Lighthouse in Detroit

April 20, 2022

12 p.m. ET

During this 4-7-8 relaxing breath meditation, you will inhale for a count of four, hold the breath for a count of seven and slowly exhale for a count of eight. This breathing technique aims to relax the body and manage stress. [Register now.](#)

Planting for Garden-to-Table and the Drop 5 Virtual Weight-loss Community

April 21, 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.](#)

Five-Minute Meditation: Connecting with Your Pet

April 27, 2022

12 p.m. ET

Animals have a natural calming presence, sitting with them can help to calm your body and quiet your thoughts. This meditation can involve your own pet, the pet of a friend, a therapy companion or you can simply imagine being with a pet. [Register now.](#)

Strength Training Challenge and the Drop 5 Virtual Weight-loss Community

April 28, 2022

12 p.m. ET

Join us for a discussion on the benefits of strength training and receive a Seven-day Strength Training Challenge. 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.