



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:

Seven-Minute Meditation: Ocean Breathing

May 11, 2022

12 p.m. ET

Oceanic breathing (Ujjayi Pranayama) may help you experience a calming of the mind and body while bringing many health benefits, including reduced stress and an enhanced mental state. During this meditation, you will constrict your throat to create a “hissing” sound as you inhale and exhale through the nose mimicking the sound of ocean waves. [Register now.](#)

Eliminate External Validation and the Drop 5 Virtual Weight-loss Community

May 12, 2022

12 p.m. ET

Join us as we discuss how to move from using external validation to self-validation to define self-worth and remove judgement. Session will include the Drop 5 Virtual Weight-loss Community. [Register now.](#)

Seven-Minute Meditation: Relaxing Sounds of Water

May 18, 2022

12 p.m. ET

Immerse yourself in this relaxing water meditation allowing a calm and peaceful feeling to wash over you. The simple sight and sound of water can bring a flood of neurochemicals that increase blood flow to the brain and heart allowing for relaxation. Science has shown that being near water, in water or listening to the sounds of water can reduce stress and anxiety, improving emotional and mental well-being and focus. [Register now.](#)

The Animal Connection and the Drop 5 Virtual Weight-loss Community

May 19, 2022

12 p.m. ET

Join us as we discuss the amazing connection between animals and humans ranging from improved health benefits to social connection. 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.