



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: Relaxing Breaths

June 15, 2022

12 p.m. ET

During today's meditation, be observant of your breath and open to the possibilities that come your way.

[Register now.](#)

Refresh Your Menu with Fresh Fruits and Vegetables and the Drop 5 Virtual Weight-loss Community

June 16, 2022

12 p.m. ET

June is National Fresh Fruit and Vegetable Month. Join us for creative ways to include fruits and vegetables in all your meals throughout the day. Session will include the Drop 5 Virtual Weight-loss Community.

[Register now.](#)

Three-Minute Meditation: Sitting with Curiosity and Observation of Nature

June 22, 2022

12 p.m. ET

Sit with curiosity and observation as you listening to the harmonious sounds of nature along a flowing stream to relax. [Register now.](#)

Oral Health and Well-Being Connection and the Drop 5 Virtual Weight-loss Community

June 23, 2022

12 p.m. ET

Join Lisa Knowles, DDS, as she discusses oral health and the connection to overall well-being. Dentists can also screen for early symptoms of cardiovascular disease and diabetes. 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.