**Second Quarter 2022 Calendar**

**Employer webinars**

**Why You Should Talk to Strangers**

12 to 12:30 p.m. Eastern time

April 5, 2022

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. [**Register here**](https://attendee.gotowebinar.com/register/581768515704753420)**.**

**Benefits of Green Exercise**

12 to 12:30 p.m. Eastern time

April 12, 2022

Join us for a discussion on the physical and psychological benefits of taking physical activity outdoors in natural environments. [**Register here**](https://attendee.gotowebinar.com/register/2717904104194553871)**.**

**Planting for Garden-to-Table**

12 to 12:30 p.m. Eastern time

April 19, 2022

Join us for a discussion on the many health benefits of growing a garden, including how growing your own fruits, herbs and vegetables can result in better nutrition at meal times. [**Register here**](https://attendee.gotowebinar.com/register/5751995445926176014)**.**

**Strength Training Challenge**

12 to 12:30 p.m. Eastern time

April 26, 2022

Join us for a discussion on the benefits of strength training and receive a Seven-day Strength Training Challenge to share with your employees. [**Register here**](https://attendee.gotowebinar.com/register/4799506114969893644)**.**

**Maternal Health and Your Well-Being**

12 to 12:30 p.m. Eastern time

May 3, 2022

Join Marti Walsh, MD, for a discussion on maternal health disparities, Covid-19 impacts, the 4th trimester and your overall well-being. [**Register here**](https://attendee.gotowebinar.com/register/4270188023219186702)**.**

**Eliminate External Validation**

12 to 12:30 p.m. Eastern time

May 10, 2022

Join us as we discuss how to move from using external validation to self-validation to define self-worth and remove judgement. [**Register here**](https://attendee.gotowebinar.com/register/6259345295354342159)**.**

**The Animal Connection**

12 to 12:30 p.m. Eastern time

May 17, 2022

Join us as we discuss the amazing connection between animals and humans ranging from improved health benefits to social connection. [**Register here**](https://attendee.gotowebinar.com/register/3769160365650994955)**.**

**The Critical Role of Friendships in Health and Longevity**

12 to 12:30 p.m. Eastern time

May 24, 2022

Join us as we discuss the multiple studies that show how friendships positively impact our emotional and physical health and may even extend our life. [**Register here**](https://attendee.gotowebinar.com/register/6162577276993808400)**.**

**World Environmental Day**

12 to 12:30 p.m. Eastern time

May 31, 2022

June 5 is World Environmental Day. Join us as we share ideas on creating a cleaner, greener more sustainable lifestyle to create a better world. [**Register here**](https://attendee.gotowebinar.com/register/1568797906263734029)**.**

**Men’s Health** **Month**

12 to 12:30 p.m. Eastern time

June 7, 2022

Join us to learn the importance of men seeking health care and encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy. [**Register here**](https://attendee.gotowebinar.com/register/798198583539823115)**.**

**Refresh Your Menu with Fresh Fruits and Vegetables**

12 to 12:30 p.m. Eastern time

June 14, 2022

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. [**Register here**](https://attendee.gotowebinar.com/register/5569302792878468367)**.**

**Oral Health and Well-Being Connection**

12 to 12:30 p.m. Eastern time

June 21, 2022

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. [**Register here**](https://attendee.gotowebinar.com/register/5711741225721983757)**.**

**Four Mini Well-Being Challenges**

12 to 12:30 p.m. Eastern time

June 28, 2022

Join us and receive four mini weekly challenges. Challenges will include spending time in nature, establishing a morning routine, decluttering and improving social connection. [**Register here**](https://attendee.gotowebinar.com/register/5015003796944528911)**.**

**All webinars begin at noon Eastern time.**

**Register for all webinars at** [**bluecrossvirtualwellbeing.com**](http://www.bluecrossvirtualwellbeing.com)

**Second Quarter 2022 Calendar**

**Member webinars**

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

12 to 12:30 p.m. Eastern time

April 7, 2022

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 here**](https://attendee.gotowebinar.com/register/2451103209668567310)**.**

**Benefits of Green Exercise and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

April 14, 2022

Join us for a discussion on the physical and psychological benefits of taking physical activity outdoors in natural environments. **Session will include the Drop 5 Virtual Weight-loss Community.** [**Register here**](https://attendee.gotowebinar.com/register/5208538734154061323)**.**

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

12 to 12:30 p.m. Eastern time

April 21, 2022

Join us for a discussion on the many health benefits of growing a garden, including how growing your own fruits, herbs and vegetables can result in better nutrition at meal times. **Session will include the Drop 5 Virtual Weight-loss Community.**

[**Register here**](https://attendee.gotowebinar.com/register/1526915308011245582)**.**

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

12 to 12:30 p.m. Eastern time

April 28, 2022

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 here**](https://attendee.gotowebinar.com/register/3054616346061833485)**.**

**Maternal Health and Your Well-Being and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

May 5, 2022

Join Marti Walsh, MD, for a discussion on maternal health disparities, Covid-19 impacts, the 4th trimester and your overall well-being. [**Register here**](https://attendee.gotowebinar.com/register/483100541251894796)**.**

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

12 to 12:30 p.m. Eastern time

May 12, 2022

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 here**](https://attendee.gotowebinar.com/register/1710474376221981199)**.**

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

12 to 12:30 p.m. Eastern time

May 19, 2022

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 here**](https://attendee.gotowebinar.com/register/237306915885857293)**.**

**The Critical Role of Friendships in Health and Longevity and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

May 26, 2022

Join us as we discuss the multiple studies that show how friendships positively impact our emotional and physical health and may even extend our life. **Session will include the Drop 5 Virtual Weight-loss Community.** [**Register here**](https://attendee.gotowebinar.com/register/5632088205359511568)**.**

**World Environmental Day**

12 to 12:30 p.m. Eastern time

June 2, 2022

June 5 is World Environmental Day. Join us as we share ideas on creating a cleaner, greener more sustainable lifestyle to create a better world. **Session will include the Drop 5 Virtual Weight-loss Community.** [**Register here**](https://attendee.gotowebinar.com/register/7604275615053811211)**.**

**Men’s Health Month and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

June 9, 2022

Join us to learn the importance of men seeking health care and encouraging boys, men and their families to practice and implement healthy living decisions such as exercising and eating healthy. **Session will include the Drop 5 Virtual Weight-loss Community.** [**Register here**](https://attendee.gotowebinar.com/register/4556608603231835660)**.**

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

12 to 12:30 p.m. Eastern time

June 16, 2022

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 here**](https://attendee.gotowebinar.com/register/259179500697369103)**.**

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

12 to 12:30 p.m. Eastern time

June 23, 2022

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 here**](https://attendee.gotowebinar.com/register/9095398100249475339)**.**

**Four Mini Well-Being Challenges and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

June 30, 2022

Join us and receive four mini weekly challenges. Challenges will include spending time in nature, establishing a morning routine, decluttering and improving social connection. **Session will include the Drop 5 Virtual Weight-loss Community.** [**Register here**](https://attendee.gotowebinar.com/register/2996640197441106190)**.**

**All webinars begin at noon Eastern time.**

**Register for all webinars at** [**bluecrossvirtualwellbeing.com**](http://www.bluecrossvirtualwellbeing.com)