



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<sup>®</sup> Virtual Well-Being program from Blue Cross<sup>®</sup> Blue Shield<sup>®</sup> 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: Under the Caribbean Sea Relaxation**

June 1, 2022

12 p.m. ET

Immerse yourself in the underwater world of the Caribbean and experience the soothing sounds of the sea featuring sharks from Turks and Caicos and Tiger Beach. [Register now.](#)

**World Environmental Day and the Drop 5 Virtual Weight-loss Community**

June 2, 2022

12 p.m. ET

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 now.](#)

**Five-Minute Meditation: Nurturing Breaths**

June 8, 2022

12 p.m. ET

Inhale peace and exhale joy, kindness and love during today's nurturing breaths meditation because what you put out into the world spreads to others. [Register now.](#)

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

June 9, 2022

12 p.m. ET

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 now.](#)

Register for additional webinars, watch past webinars and download materials at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).