



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:

Five-Minute Meditation: Forest Bathing

August 31, 2022

12 p.m. ET

During this meditation, sit or stroll in quiet observation as you immerse yourself in nature taking in the sights, sounds and sensations of your surroundings. [Register now.](#)

Fiber and Gut Health and the Drop 5 Virtual Weight-loss Community

September 1, 2022

12 p.m. ET

Join us for a discussion on why you should prioritize gut health and how it affects your overall well-being including energy production, immunity and mood. Session will include the Drop 5 Virtual Weight-loss Community. [Register now.](#)

Six-Minute Meditation: Gong Sound Bath

September 7, 2022

12 p.m. ET

Relax to the view of Grand Traverse Bay and “bathe” in the relaxing sound of the gong. [Register now.](#)

World Suicide Prevention Day #BeThe1To and the Drop 5 Virtual Weight-loss Community

September 8, 2022

12 p.m. ET

September is National Suicide Prevention Month and September 10 is designated as World Suicide Prevention Day. Join us for a discussion with Julia Kyle, Blue Cross Director of Behavioral Health, on raising awareness, how to eliminate stigma and #BeThe1To (spread the word about actions we can all take to prevent suicide). 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.