



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: Focusing on the Breath

August 24, 2022

12 p.m. ET

Bring awareness to your breath as you let go of thoughts and distractions to become present during this meditation along the St. Clair River. [Register now.](#)

How Silence Can Improve Your Well-Being and the Drop 5 Virtual Weight-loss Community

August 25, 2022

12 p.m. ET

Join us as we discuss how silence throughout the day may stimulate brain growth, relieve tension and lead to a higher sense of well-being. We'll share examples on how to incorporate silence into your day. Session will include the Drop 5 Virtual Weight-loss Community. [Register now.](#)

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.](#)

Register for additional webinars, watch past webinars and download materials at bluecrossvirtualwellbeing.com.