



Third Quarter 2022 Calendar

Employer webinars

Foods that Boost Brain Health

12 to 12:30 p.m. Eastern time

July 5, 2022

Join us for a discussion on what foods are linked in studies to improve brain health and function.

[Register here.](#)

Bladder Control for Seniors

12 to 12:30 p.m. Eastern time

July 12, 2022

Join us for a physician-led discussion on bladder control for seniors and the importance of discussing your concerns with your physician.

[Register here.](#)

Navigating the Menopause Journey

12 to 12:30 p.m. Eastern time

July 19, 2022

Dr. Himabindu Chandrasekhar joins us for a discussion on the signs and symptoms of perimenopause, menopause and post menopause, and tips on how to manage the journey.

[Register here.](#)

Dr. Jennifer Wulff Speaks on Fall Prevention for Seniors and Other Adults

12 to 12:30 p.m. Eastern time

July 26, 2022

Join us for a discussion on how to identify falls risk, improve balance and reduce chances of a fall.

[Register here.](#)

The Importance of Physical Activity for Seniors

12 to 12:30 p.m. Eastern time

August 2, 2022

Join us for a discussion on the importance of physical activity for seniors to increase strength and flexibility to continue enjoying your daily activities.

[Register here.](#)



Skin Care Health with Sara Wilchowski, MS, PA-C

12 to 12:30 p.m. Eastern time

August 9, 2022

Join us for a discussion with Sara Wilchowski, MS, PA-C, on all the aspects of maintaining the health of your skin including prevention, detection and the importance of seeing a dermatologist for a checkup.

[Register here.](#)

September Plant-based Meal Challenge

12 to 12:30 p.m. Eastern time

August 16, 2022

Join us for a discussion on the positive health benefits of plant-based eating and receive an employee plant-based meal challenge for the month of September, along with plant-based recipes.

[Register here.](#)

How Silence Can Improve Your Well-Being

12 to 12:30 p.m. Eastern time

August 23, 2022

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.

[Register here.](#)

Fiber and Gut Health

12 to 12:30 p.m. Eastern time

August 30, 2022

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.

[Register here.](#)

World Suicide Prevention Day #BeThe1To

12 to 12:30 p.m. Eastern time

September 6, 2022

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).

[Register here.](#)



Tibetan Singing Bowl Sound Bath

12 to 12:30 p.m. Eastern time

September 13, 2022

Join us to experience a sound bath using a Tibetan singing bowl, which has been found to have beneficial effects linked with mood, tension and well-being.

[Register here.](#)

Designing a Happiness Lifestyle

12 to 12:30 p.m. Eastern time

September 20, 2022

Join us for a discussion on designing a happiness lifestyle. Studies consistently show that happy people have lower blood pressure, less stress, healthier body weights and stronger hearts than their less optimistic neighbors.

[Register here.](#)

October Global Participation Challenge

12 to 12:30 p.m. Eastern time

September 27, 2022

Join us as we roll out the October Global Participation Challenge celebrating all the countries engaged with Virtual Well-Being in 2022. Each day has an activity that is inspired by a different participating country.

[Register here.](#)

All webinars begin at noon Eastern time.
Register for all webinars at bluecrossvirtualwellbeing.com



Third Quarter 2022 Calendar

Member webinars

Foods that Boost Brain Health and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

July 7, 2022

Join us for a discussion on what foods are linked in studies to improve brain health and function. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

Bladder Control for Seniors and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

July 14, 2022

Join us for a physician-led discussion on bladder control for seniors and the importance of discussing your concerns with your physician. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

Navigating the Menopause Journey and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

July 21, 2022

Dr. Himabindu Chandrasekhar joins us for a discussion on the signs and symptoms during perimenopause, menopause and post menopause and tips on how to manage the journey. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

Dr. Jennifer Wulff Speaks on Fall Prevention for Seniors and Other Adults and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

July 28, 2022

Join us for a discussion on how to identify falls risk, improve balance and reduce chances of a fall. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

The Importance of Physical Activity for Seniors and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

August 4, 2022

Join us for a discussion on the importance of physical activity for seniors to increase strength and flexibility to continue enjoying your daily activities. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)



Skin Care Health with Sara Wilchowski, MS, PA-C and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

August 11, 2022

Join us for a discussion with Sara Wilchowski, MS, PA-C, on all the aspects of maintaining the health of your skin including prevention, detection and the importance of seeing a dermatologist for a checkup. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

Beginner's Plant-based Meals Challenge and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

August 18, 2022

Join us for a discussion on the positive health benefits of plant-based eating, commit to incorporating more plant-based meals each week for four weeks and receive plant-based recipes. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

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

12 to 12:30 p.m. Eastern time

August 25, 2022

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 here.](#)

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

12 to 12:30 p.m. Eastern time

September 1, 2022

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 here.](#)



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

12 to 12:30 p.m. Eastern time

September 8, 2022

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 here.](#)

Tibetan Singing Bowl Sound Bath and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

September 15, 2022

Join us to experience a sound bath using a Tibetan singing bowl, which has been found to have beneficial effects linked with mood, tension and well-being. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

Designing a Happiness Lifestyle and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

September 22, 2022

Join us for a discussion on designing a happiness lifestyle. Studies consistently show that happy people can boast lower blood pressure, less stress, healthier body weights and stronger hearts than their less optimistic neighbors. **Session will include the Drop 5 Virtual Weight-loss Community.**

[Register here.](#)

October Global Participation Challenge and the Drop 5 Virtual Weight-loss Community

12 to 12:30 p.m. Eastern time

September 29, 2022

Join us as we roll out the October Global Participation Challenge celebrating all the countries engaged with Virtual Well-Being in 2022. Each day has an activity that is inspired by a different participating country.

Session will include the Drop 5 Virtual Weight-loss Community.

[Register here.](#)

**All webinars begin at noon Eastern time.
Register for all webinars at bluecrossvirtualwellbeing.com**