



## Fourth Quarter 2022 Calendar

### Employer webinars

#### **Breast Cancer Awareness Month**

12 to 12:30 p.m. Eastern time

October 4, 2022

Join us for a discussion on breast cancer awareness with Mary Mehi, R.N. [Register here.](#)

#### **College Student Insurance and Well-Being Checklist**

12 to 12:30 p.m. Eastern time

October 11, 2022

Join us for a review of our College Student Insurance and Well-Being Checklist. Students can use the checklist to help them understand insurance jargon and remind them how to maintain their well-being while at college. [Register here.](#)

#### **Prioritizing Your Self-Care**

12 to 12:30 p.m. Eastern time

October 18, 2022

Join us as we discuss how self-care has moved from a luxury to a necessity to live a thriving life. You'll be asked to identify areas of self-care you should be prioritizing. [Register here.](#)

#### **Create Charcuterie Boards for the Holidays**

12 to 12:30 p.m. Eastern time

October 25, 2022

Join Marissa and her daughter Kate for a demonstration on how to create various charcuterie boards for the holidays. [Register here.](#)

#### **Come Fika with Cindy and Marissa**

12 to 12:30 p.m. Eastern time

November 1, 2022

Bring a hot drink and snack to fika with Cindy and Marissa. This important Swedish tradition held twice per day is centered around giving yourself a moment to have a break and socialize with others. [Register here.](#)

#### **Brain Health for Seniors**

12 to 12:30 p.m. Eastern time

November 15, 2022

Join Dr. Dayna LePlatte as she discusses the research behind brain health for seniors including completing puzzles, playing games and the benefits of learning something new. [Register here.](#)



**Leveraging Mindfulness for Upcoming Performance Reviews**

12 to 12:30 p.m. Eastern time

November 22, 2022

Join us to learn how to leverage different mindfulness techniques to get through difficult conversations.

[Register here.](#)

**Conquering Family Stress During the Holidays**

12 to 12:30 p.m. Eastern time

November 29, 2022

Join us to learn several techniques to conquer the inevitable stress during the holidays. [Register here.](#)

**Developing Healthy Money Habits for Financial Freedom**

12 to 12:30 p.m. Eastern time

December 6, 2022

Join us to learn how to develop healthy money habits to improve your financial well-being as you move toward financial freedom. [Register here.](#)

**Hunt for the Positive Things in Your Life**

12 to 12:30 p.m. Eastern time

December 13, 2022

Join us as we discuss the importance of focusing daily on the positive gifts in your life. This positive psychology habit can also be used to rewire your brain during challenging times. [Register here.](#)

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

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



## Fourth Quarter 2022 Calendar

### Member webinars

#### **Breast Cancer Awareness Month and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

October 6, 2022

Join us for a discussion on breast cancer awareness with Mary Mehi, R.N. **Session will include the Drop 5 Virtual Weight-loss Community.** [Register here.](#)

#### **College Student Health Insurance and Well-Being Checklist and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

October 13, 2022

Join us for a review of our College Student Insurance and Well-Being Checklist. Students can use the checklist to help them understand insurance jargon and remind them how to maintain their well-being while at college. **Session will include the Drop 5 Virtual Weight-loss Community.** [Register here.](#)

#### **Prioritizing Your Self-Care and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

October 20, 2022

Join us as we discuss how self-care has moved from a luxury to a necessity to live a thriving life. You will be asked to identify areas of self-care that you should be prioritizing. **Session will include the Drop 5 Virtual Weight-loss Community.** [Register here.](#)

#### **Create Charcuterie Boards for the Holidays and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

October 27, 2022

Join Marissa and her daughter Kate for a demonstration on how to create various charcuterie boards for the holidays. **Session will include the Drop 5 Virtual Weight-loss Community.** [Register here.](#)

#### **Come Fika with Cindy and Marissa and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

November 3, 2022

Bring a hot drink and snack to fika with Cindy and Marissa. This important Swedish tradition held twice per day is centered around giving yourself a moment to have a break and socialize with others. **Session will include the Drop 5 Virtual Weight-loss Community.** [Register here.](#)



**Prepping for World Kindness Day on November 13 and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

November 10, 2022

Join us as we prepare for the Global World Kindness Day on November 13. We'll discuss the purpose of the day, what color to wear and how to participate to make the world a better place. **Session will include the Drop 5 Virtual Weight-loss Community. [Register here.](#)**

**Brain Health for Seniors and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

November 17, 2022

Join Dr. Dayna LePlatte as she discusses the research behind brain health for seniors including completing puzzles, playing games and the benefits of learning something new. **Session will include the Drop 5 Virtual Weight-loss Community. [Register here.](#)**

**Conquering Family Stress During the Holidays and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

December 1, 2022

Join to learn several techniques to conquer the inevitable stress during the holidays. **Session will include the Drop 5 Virtual Weight-loss Community. [Register here.](#)**

**Developing Healthy Money Habits for Financial Freedom and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

December 8, 2022

Join us to learn how to develop healthy money habits to improve your financial well-being as you move toward financial freedom. **Session will include the Drop 5 Virtual Weight-loss Community. [Register here.](#)**

**Hunt for the Positive Things in Your Life and the Drop 5 Virtual Weight-loss Community**

12 to 12:30 p.m. Eastern time

December 15, 2022

Join us as we discuss the importance of focusing daily on the positive gifts in your life. This positive psychology habit can also be used to rewire your brain during challenging times. **Session will include the Drop 5 Virtual Weight-loss Community. [Register here.](#)**

**All webinars begin at noon Eastern time.  
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