

Blue Cross Virtual Well-BeingSM

Live well-being webinars and meditations

Virtual Well-Being – Suggested social media post

This file contains a suggested post and image for your company's social media sites. A JPG file of the image is included as a separate file in the Virtual Well-Being toolkit.

Link the image to bluecrossvirtualwellbeing.com.

Suggested post:

You don't have to leave the office or home to get support for your journey to well-being. Blue Cross Virtual Well-BeingSM offers short, convenient webinars that let you explore a variety of topics, including resilience, emotional health, financial wellness and mindfulness. Virtual Well-Being also offers weekly live guided meditations and the Drop 5 Virtual Weight-loss Community.

Visit bluecrossvirtualwellbeing.com to learn more, register or watch past webinars.

