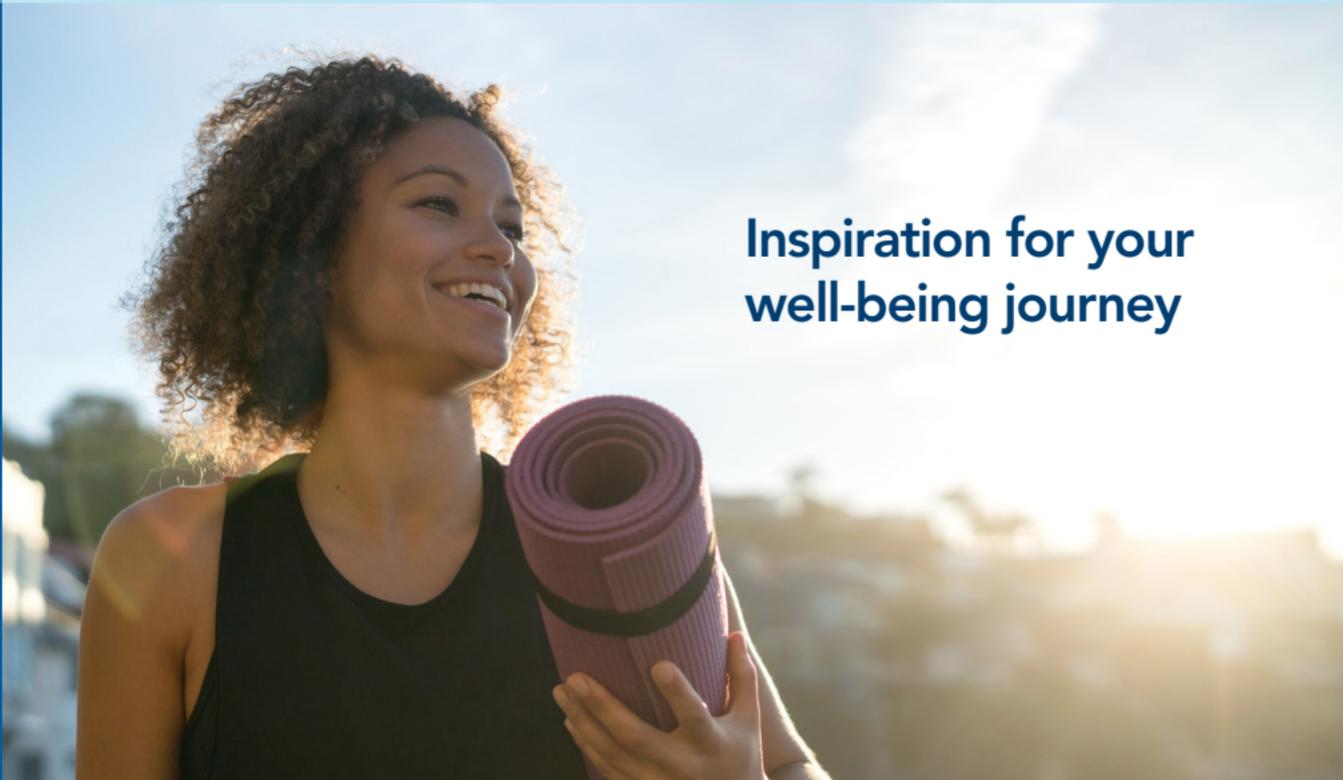


# Blue Cross Virtual Well-Being<sup>SM</sup>

*Live well-being webinars and meditations*



**Blue Cross  
Blue Shield  
Blue Care Network**  
of Michigan



**Inspiration for your  
well-being journey**

Let Blue Cross Virtual Well-Being inspire you to live your best life with live, interactive, science-based well-being webinars every Thursday at noon Eastern time.

Popular topics include:

- Personalize your sleep hygiene
- Functional training
- Foods that boost brain health
- Planting for garden-to-table

Each webinar also includes the **Drop 5 Virtual Weight-Loss Community** — people who are working to lose weight five pounds at a time. Scale and non-scale victories are celebrated, and a weight loss tip is shared each week.

We also offer guided meditations every Wednesday at noon Eastern time.

Visit [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com) or scan the QR code to register or watch past webinars. You'll also find handouts to download and share.



**"I've lost 7 pounds since the beginning of the year and have gotten lots of ideas from this webinar."**

**- Blue Cross Virtual Well-Being webinar attendee**