

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

Live well-being webinars and meditations



READY  
TO HELP



Blue Cross Virtual Well-Being's live, weekly 30-minute webinars engage people to improve their overall well-being.

## TUESDAY:

Employer-focused webinars

## WEDNESDAY:

Guided meditations from  
two to 20 minutes

## THURSDAY:

Individual-focused webinars

Webinars are live at noon Eastern time with interactive discussions, downloadable handouts and Q&A. Each science-based webinar includes interactive discussion, downloadable handouts and Q&A. A different well-being topic is discussed each week.

Visit [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com) or scan the QR code to register for upcoming webinars and meditations or to watch on demand. All webinars and meditations are free and open to the public.



### What attendees are saying ...

- I enjoy the education that the webinars provide, and I have been able to make life changes from the information that I received. I am truly appreciative.*
- I find these webinars have so much value. I've shared the on-demand links with colleagues who are unable to rearrange their schedules.*
- I appreciated how thought-provoking this webinar on finding your purpose is and plan to share the recording with my family.*



Scan me.