

**READY  
TO HELP**



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

*Live well-being webinars and meditations*

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. 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.



Scan me.

*"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."*

*– Blue Cross Virtual Well-Being webinar attendee*