

## Blue Cross Virtual Well-Being<sup>™</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 Blue Mind Theory

Cindy Bjorkquist, Director of Well-Being Marissa Jarrett, Virtual Well-Being Co-Host

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

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 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

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