

**READY
TO HELP**



Blue Cross Virtual Well-BeingSM

Live well-being webinars and meditations



Blue Cross Virtual Well-Being's live weekly webinars and guided meditations are designed to support and enhance your overall well-being.

WEDNESDAYS:

Guided meditations
Live at noon Eastern time
(2 to 20 minutes)

THURSDAYS:

Well-being topic discussion
Live at noon Eastern time
(30 minutes)

Join us for science-based webinars with interactive discussions, downloadable handouts, and Q&A on a new well-being topic each week.

Plus, unwind with guided meditations that help you pause, breathe, and reset using different mindfulness styles.

Visit bluecrossvirtualwellbeing.com or scan the QR code to register or 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.