

Blue Cross Virtual Well-BeingSM

Live well-being webinars and meditations



Blue Cross Virtual Well-Being can inspire you to live your best life. The program offers:

- Live, interactive, science-based, well-being webinars every Thursday at noon Eastern time
- Popular topics like personalizing your sleep hygiene, functional training, foods that boost brain health and planting for garden to table
- Participant chat, personalized responses and downloadable content
- Drop 5 Virtual Weight-loss Community offering weight loss tips and healthy recipes for people who are losing weight five pounds at a time

Blue Cross Virtual Well-Being also offers guided meditation every Wednesday at noon Eastern time.

Visit bluecrossvirtualwellbeing.com to register for upcoming webinars and meditations or to watch past sessions on demand.



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